MATURE STUDENTS GET NEW START, PG 22

Entertainment

Conan in late night limbo
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Fox snares Palin for commentary

MESSAGE Sarah Palin, former Alaska governor and 2008 Republican vice-presidential candidate, will return to her broadcast roots and take her conservative message to Fox News as a regular commentator, the U.S. cable channel announced yesterday.

Sarah Palin

Fox said according to the multi-year deal, Palin will offer political commentary and analysis on the cable channel, as well as Fox's website, radio network and business cable channel.

Palin, 45, is hugely popular with conservatives and has more than 1.1 million Facebook followers.

THE ASSOCIATED PRESS

On the web

Sarah Palin on Fox News: Going rogue or as expected? Have your say at **metronews.ca/world**

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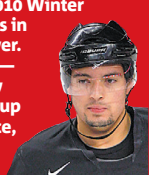

On the web

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Maple Leafs **Kessel nets hat trick at SickKids**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Toronto Maple Leafs forward Phil Kessel signs his autograph yesterday on Matthew Mitchell's hat at the Hospital for Sick Children. The Maple Leafs visited the hospital to boost the spirits of children who are undergoing treatment.

Above the law?

Surgeon stopped for speeding en route to surgery

While Jeffrey Halstrom was fighting for his life on a St. Michael's Hospital operating table, the surgeon who had been rushing to his rescue was waiting at the side of a road for a police officer to write him a ticket for speeding.

Halstrom, who is recovering in hospital, suffered a massive heart attack around lunchtime Saturday. A short time later, Dr. Michael Kutryk, the hospital's cardiologist on call over the weekend, was stopped by a radar unit.

But no amount of pleading would deter the officer from issuing the physician a $300 ticket, said Michael Oscars, Halstrom's longtime partner.

"It doesn't matter if it's a physician or whoever that is on his way to what he or she considers an emergency. If he or she gets in a collision on the way to that emergency, they're no use."
Staff Insp. Larry Sinclair

Kutryk did not return numerous phone calls and emails yesterday, and the police would not release the identity of the officer who wrote the ticket.

The top officer at the force's 53 Division, where the ticket was issued, confirmed the incident had occurred and Kutryk had complained to him about it and was intent on fighting the fine.

Staff Insp. Larry Sinclair, the division's unit commander, said roadside officers use their own discretion to determine whether an emergency warranted illegal speeds.

But Sinclair defended his officer, saying he may well have prevented an accident by stopping the speeding physician.

"It doesn't matter if it's a physician or whoever that is on his way to what he or she considers an emergency," Sinclair said. "If he or she gets in a collision on the way to that emergency, they're no use. They're going to be tied up a lot longer than what it takes to write a ticket."

Const. Wendy Drummond, a police spokesperson, said Kutryk was driving 35 kilometres per hour over the posted limit of 40 km/h in the Bayview and Moore avenues area.

TORSTAR NEWS SERVICE

McGwire regrets juice use

Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press yesterday he used steroids on and off for nearly a decade.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get hold of, you know, that I'm coming clean and being honest," he said during a 20-minute telephone interview, his voice repeatedly cracking. "It's the first time they've ever heard me, you know, talk about this. I hid it from everybody."

70

Mark McGwire hit a then-record 70 homers in 1998 during a compelling race with Sammy Sosa, who finished with 66. More than anything else, the home-run spree revitalized baseball following the crippling strike that wiped out the 1994 World Series.

McGwire repeatedly expressed regret for his decision to use steroids, which he said was "foolish" and caused by his desire to overcome injuries, get back on the field and prove he was worth his multimillion-dollar salary.

THE ASSOCIATED PRESS

Mark McGwire

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Local

Therapist faces sex assault charges

A 45-year-old man who provided acupuncture, physiotherapy and massage therapy in his home in the Jane Street and Finch Avenue area is accused of sexually assaulting a teenage female client. The alleged assault took place while the girl was receiving treatment last Wednesday, police said. Sedat Ozdemir of Toronto is charged with sexual assault, sexual interference and sexual exploitation. Police believe there may be other victims. TORSTAR NEWS SERVICE

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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Terror trial's star witness testifies

A police agent who was paid $4.1 million to infiltrate the so-called Toronto 18 terror group is portraying accused bomb plotter Shareef Abdelhaleem as an "aggressive" person.

Police agent Shaher Elsohemy told court yesterday the two were friends until Abdelhaleem, an alleged member of the so-called Toronto 18 terror group, went to police after he suspected Elsohemy's brother of shattering the windshield of his BMW.

"He was pretty aggressive in describing what he would do," Elsohemy testified.

"At that time I had to end the whole (friendship) because the threats were increasing and it made no sense to me whatsoever."

Elsohemy is the Crown's star witness, a paid police agent who posed as a co-conspirator. The RCMP paid him more than $4 million, an amount Abdelhaleem's lawyer indicated he may raise in court.

"A $4.1-million payoff for this is pretty steep," William Naylor said outside court.

"It's unprecedented in Canada as far as I understand."

> **"He was pretty aggressive in describing what he would do."**
> Shaher Elsohemy

Naylor suggested Elsohemy was more interested in the money than in seeking out the truth.

Abdelhaleem, 34, the first adult to stand trial charged with terrorism offences in the Toronto 18 case, pleaded not guilty to participating in a terrorist group and intending to cause an explosion.

He and 17 others were arrested in 2006 for allegedly plotting to detonate bombs at key targets around Ontario.

THE CANADIAN PRESS

Accident **A sad farewell to husband**

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Oksana Afanasenko, 27, embraces a photograph of her husband, Alexsey Blumberg, during his funeral yesterday. She had married Blumberg, 33, of Ukraine, in Toronto less than three months before he and three other men were killed on Christmas Eve in the city's worst construction accident in 50 years. Some 50 people attended Blumberg's Russian Orthodox funeral service.

Arrest made in sex assault case

BRUNSWICK HOUSE Police arrested one man and are looking for a second in connection to a sexual assault that took place Saturday.

Around 2:30 a.m. on Saturday a 20-year-old woman left the Brunswick House bar on Bloor St. W. and Spadina Ave. with two men.

She was driven in a Hyundai Elantra to an apartment in the Bloor and Dufferin streets area where she was allegedly sexually assaulted by both men.

Nicholas Vozgenikov, 20, of Toronto, is charged with sexual assault.

TORSTAR NEWS SERVICE

Expect water main breaks: Councillor

SEWERS If it's January in Toronto, water mains are breaking.

Quietly corroding under our feet, many of the pipes are far older than the residents who sip and wash from their waters, and the seasonal heave and slump is enough to finally bust a crack and release a gusher.

The latest incident in Yorkville on the weekend, when an 8-inch service main gave way, forced the city to cut power to 19,000 customers.

In recent years, Toronto has seen about 1,400 water main breaks a year — mostly in the winter months — as rust and shifting soil batter the aging system.

With pipes averaging 55 years old — and 17 per cent more than 80 years old — it's certain breaks will continue despite the city's best efforts, said Councillor Glenn De Baeremaker, chair of the city's public works and infrastructure committee.

Toronto is increasing water rates nine per cent each year, putting that extra money into pipe replacement. Some 60 to 80 kilometres of new pipe are laid every year.

But it's an uphill battle, with about 70 per cent of the city's system made of old cast-iron pipe that is more brittle and rust-prone than the coated ductile iron and PVC pipe the city is now installing.

The city also relines existing pipe to increase its life expectancy, Di Gironimo said. TORSTAR NEWS SERVICE

Construction

- Coun. Glenn De Baeremaeker said the city has made a big commitment to pipe replacement, and is planning to spend about $200 million a year for the next decade to install new pipes.

News in brief

INJURY An officer was sent to hospital Saturday after the arrest of a pair of Brampton men charged with a string of gun- and drug-related offences. Anthoneil Thomas, 28, and Sean Grant, 26, were stopped by police near Tobermory Dr. and Finch Ave. W. on Saturday evening. Both face 12 gun charges and two drugs charges after police say they found cocaine, marijuana and a loaded 9-mm handgun in the vehicle. The officer was treated for minor injuries and was released from hospital later in the weekend. Thomas also faces a charge of assault with intent to resist arrest.

TORSTAR NEWS SERVICE

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Halton roads safer in 2009

Halton Region reported a decrease in the number of fatal vehicle accidents. The region had 10 fatal accidents in 2009, down from 17 in 2008. TORSTAR NEWS SERVICE

Province set to lengthen kindergarten to full days

Nearly 600 Ontario schools will offer full-day kindergarten to four- and five-year-olds next fall, The Canadian Press has learned.

Premier Dalton McGuinty, who is moving ahead with the costly program despite the province's unprecedented $25-billion deficit, will be in Chatham today to unveil details about the first phase of the plan that's expected to take five years to fully implement.

McGuinty will announce which local schools in Chatham will offer full-day kindergarten, while members of provincial parliament will do the same from their ridings, a government official said yesterday.

A complete list of schools that got the green light will be posted online shortly after, the source said.

About 35,000 children, or 15 per cent of all eligible kids, will be able to enrol in the program next September, which McGuinty has promised to expand to 50,000 kids in 2011.

Dalton McGuinty

All eligible four- and five-year-olds should be able to enrol in the program in 2015, at an estimated cost of $1.5 billion per year.

The Liberal government has set aside $500 million over two years to start up full-day kindergarten. Priority is supposed to be given to low-income neighbourhoods, as well as those that have available space and have the greatest need for the program.

THE CANADIAN PRESS

On the hustings **Mammoliti makes school visit**

TARA WALTON/TORSTAR NEWS SERVICE

Toronto mayoral candidate Giorgio Mammoliti visits Westview Centennial Secondary School yesterday to talk to students in a Grade 10 civics class. During the discussion, Mammoliti raised concern about guns, gangs and drugs in the Jane-Finch community, where the school is located.

Humane society court cases delayed

JUSTICE The president of the Toronto Humane Society and other senior staff have had their court cases put over to Feb. 2.

Tim Trow and four senior staffers were represented by lawyers yesterday on animal cruelty charges.

They were arrested Nov. 26 during a raid by the Ontario Society for the Prevention of Cruelty to Animals.

The five were charged with animal cruelty, conspiracy to commit an indictable offence of animal cruelty, and obstructing a peace officer.

More than a dozen board members had their cases on provincial offences put over to Feb. 16.

Following the raid, the shelter was closed until Jan 4. THE CANADIAN PRESS

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News in brief

PENSIONS As it faces a pension crisis that has left six out of 10 people without a plan for retirement, Ontario should adopt a provincial plan that would allow everyone to save for their golden years, the New Democrats said yesterday. NDP Leader Andrea Horwath is suggesting a plan that would give retirees the security of a dependable level of income.

TERRORISM Two Tamil-Canadians from Toronto caught by the FBI trying to buy anti-aircraft missiles had their sentencing on terrorism charges delayed yesterday. Suhil Sabaratnam and Thiruthanikan (Thani) Thanigasalam have pleaded guilty to conspiracy and material support for terrorism and will be sentenced Jan. 22.

THE CANADIAN PRESS

Woman killed after car strikes wheelchair
A 52-year-old woman is dead after her wheelchair was struck by a car in Kitchener, Ont. Waterloo Regional Police Sgt. Fred Gregory says the woman was a resident at a nearby motel and was likely by herself when struck Sunday night. THE CANADIAN PRESS

Canada

Alberta cabinet shuffle likely

Alberta Premier Ed Stelmach, left, will announce a major cabinet shuffle this week that will likely include a new health minister. Government insiders have confirmed that the premier will shorten his trip to the Middle East and announce a new cabinet as early as today. Two government sources have said that Health Minister Ron Liepert will be shuffled, possibly into the energy portfolio. THE CANADIAN PRESS

Man killed by pet tiger

Attack prompts organization to call for ban on exotic pets

The World Society for the Protection of Animals says the tiger-mauling death of an Ontario man should be a wake-up call for the province.

Police say Norman Buwalda, 66, went into the tiger's cage on his property in Southwold, Ont., 30 kilometres southwest of London, on Sunday afternoon to feed the animal when the tiger attacked and killed him.

The WSPA says the death was a tragedy that could have been prevented had the province banned the keeping of dangerous exotic pets when it revised its animal-protection law earlier this year.

The group says Ontario is the only province that doesn't require a licence to keep dangerous exotic animals and it's calling on the Ontario government to implement licensing to help prevent future deaths.

The society says about 60 per cent of all Canadian zoos are in Ontario, and it estimates 500 exotic cats are kept as pets in the province.

Melissa Matlow, programs officer for the society, says keeping a tiger on your property should be considered as dangerous as keeping a loaded gun.

THE CANADIAN PRESS

m.metronews.ca

ScanLife

A mom wondering how teens silently infiltrate her home blames "text-on-arrival." Scan this code for the full story.

JOHN WOODS/THE CANADIAN PRESS

Finance Minister Jim Flaherty speaks outside of Fort Gibraltar in Winnipeg yesterday as Conservative MP Shelley Glover looks on. Flaherty is on a pre-budget consultation tour of the country.

Cuts loom despite shaky economy, Flaherty says

BUDGET Canada's finance minister says the country's economy is still on shaky ground.

But Jim Flaherty said yesterday the government is still determined to cut back on spending in the coming budget.

He said Canada's economy is slowly recovering, but high unemployment numbers are still a concern.

The Conservatives are looking at curbing program spending, he said, but won't touch transfers to the provinces or people's pensions.

Flaherty also said stimulus money will continue to flow this year but after that the focus will be on taming the deficit.

THE CANADIAN PRESS

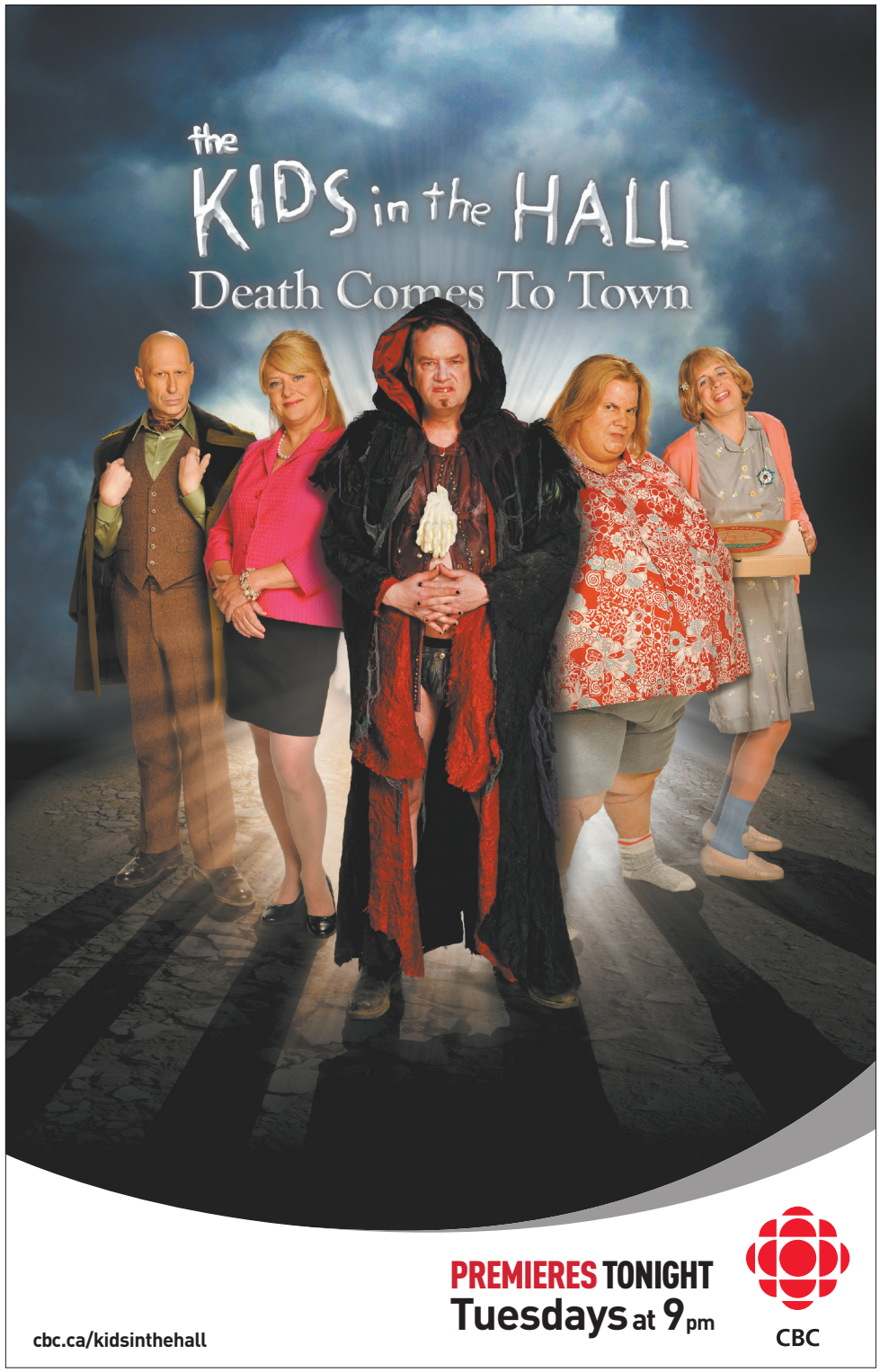
No new stimulus

- Prime Minister Stephen Harper says there will be no significant new stimulus cash in this year's budget because the economy is stabilizing.

News in brief

QUEEN'S PARK Premier Dalton McGuinty won't be shuffling his cabinet before next week, sources say, and he could have another vacancy to fill as early as today. Municipal Affairs and Housing Minister Jim Watson will make an announcement about his political future at 10 a.m., amid widespread speculation he will quit cabinet to run for mayor of Ottawa.

HIT AND RUN A 20-year-old man faces charges following a hit and run that injured two officers during a vehicle check on a Halifax bridge last November. Police say the man was arrested Sunday following an investigation. THE CANADIAN PRESS



Canada may need to adjust as polar bears spend more time on land

A study on how Alaskan polar bears are adapting to melting sea ice suggests that Canada may need to change the way it manages the Arctic predators. The study found the bears are now spending more time on land or in the open ocean instead of on the sea ice they normally hunt from. THE CANADIAN PRESS

Iggy says he'd never prorogue Parliament

Liberal boss defends new television attack ads

Liberal Leader Michael Ignatieff says he would never prorogue Parliament to avoid controversy if he became prime minister.

Ignatieff kicked off a cross-country speaking tour in Halifax yesterday by telling reporters that while prorogation is a legitimate constitutional power, using it to avoid "tight spots" is completely unacceptable.

"To use it every time you're in a tight spot seems to me is a flagrant abuse of a constitutional power and that's why Canadians are angry about it," said Ignatieff. "So therefore, I take from this a commitment not to do the same thing, period."

Meanwhile, Ignatieff said his party's new television attack ads which began airing yesterday were simply an attempt to ask the questions Canadians want answered.

He said the public wants to know why Prime Minister Stephen Harper chose to shut down Parliament rather than answer tough questions on issues such as Canada's handling of Afghan detainees and the environment.

The ads feature dramatic music and a picture of a fenced off Parliament Hill with a sign reading, "Closed out of self-interest."

When asked by reporters whether he was taking a page out of the Conservative playbook, Ignatieff said he wasn't responsible for composing the music or doing the voiceovers.

"The issue here is fundamental to our democracy. Does the prime minister control Parliament or is the prime minister accountable to Parliament?" he asked.

"Our view very strongly is that the prime minister is accountable to Parliament and for that to happen Parliament has to sit."

Ignatieff said the Liberals intend to be back in Ottawa to go to work Jan. 25 despite the fact the prorogation by the Conservatives means the House of Commons won't be recalled until March 3.

THE CANADIAN PRESS

MIKE DEMBECK/THE CANADIAN PRESS

Michael Ignatieff buys cookies at a bake sale yesterday in Halifax.

Vale, union talks at standstill 6 months on

Six months after most of the Canadian employees of Brazilian miner Vale voted to go on strike, the two sides in the drawn-out labour dispute appear able to agree on only one thing: Virtually no progress has been made.

On July 11, the more than 3,000 employees at Vale's mill, smelter, refinery and six nickel mines in the Sudbury area of northern Ontario voted to go on strike along with their counterparts at Vale's Port Colborne, Ont., refinery and its nickel-cobalt-copper mine in Voisey's Bay, N.L.

Half a year later, the bargaining table sits gathering dust and both sides are staunchly refusing to resume talks until their opponent shows some willingness to bend. Not surprisingly, the company blames the United Steelworkers for the lack of headway, and the union blames the company.

"Vale's position says, 'We're always ready to go back provided the union accepts all our conditions and concessions,' and that's just not collective bargaining. That's holding a gun to someone's head," said Ken Neumann, the Steelworkers' national director for Canada.

The Steelworkers have long held the position that they're willing to resume negotiations if the company will come back to the table with no preconditions. As far as Vale is concerned, however, asking for no preconditions is a condition in and of itself.

"From our perspective we haven't seen any serious indications from the Steelworkers that they're prepared to negotiate," said Vale spokesman Cory McPhee.

"... They're saying, 'Well, we'll go back with no conditions, but we have to have no concessions,' so you follow up a statement that says you have to have no conditions by setting a condition."

The increasingly bitter dispute centres on two main issues: Vale's proposal to reduce a bonus tied to the price of nickel, as well as a plan by the company to exempt new employees from its defined-benefit pension plan, moving them instead to a defined-contribution plan.

The union says Vale is a profitable multinational corporation that's trying to bring its Canadian workers down to the "lowest common denominator" of its global operations by slashing benefits.

"In the third quarter of this year alone they've got profits of $1.7 billion US, so we're not talking about someone that's coming with their hand out and saying, 'We're in deep trouble.' That's the furthest thing from the truth," Neumann said.

THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

More than 3,000 workers at Brazilian miner Vale have been on strike since July 11, 2009. The union and the company have made little progress towards a deal to end the labour dispute.

Safety top priority, oil execs say in crash inquiry

TRAGEDY Oil company executives at an offshore helicopter inquiry said safety is their top priority — even as a lawyer representing workers pushed to question them on why it took nine years to introduce underwater breathing devices onboard.

Three executives representing offshore oil operators testified yesterday at the probe called after the crash of Cougar Flight 491 off Newfoundland last March.

17 The crash of Cougar Flight 491 off the coast of Newfoundland on March 12, 2009 claimed the lives of 17 of the 18 people onboard.

"We were greatly saddened by the events on March 12," said Trevor Pritchard, general manager of operations for Husky Energy.

THE CANADIAN PRESS

Sentencing in sex assault case set

GUILTY An Alberta man who pleaded guilty to abducting and sexually assaulting a teenage girl is to be sentenced in the spring.

Gerard Baumgarte is to appear in a Red Deer court for sentencing March 25-26.

Baumgarte admits he posed as a police officer when he kidnapped the 16-year-old girl in Penhold last February.

He said he had fantasized about kidnapping someone before he went through with the abduction.

Court heard the teen was confined for two days and sexually assaulted several times before she was released at a shopping mall in Red Deer.

THE CANADIAN PRESS

Hate graffiti case delayed
A Woodstock, Ont., man charged with defacing the city's cenotaph on Remembrance Day had his case put over until Thursday. Christopher Saggau, 31, faces a slew of charges related to hate graffiti being spread throughout the southwestern Ontario city. THE CANADIAN PRESS

Interest hike ruled out: Official

The Bank of Canada appears to be cooling its rhetoric on the country's housing boom, all but ruling out raising interest rates to dissuade prospective home buyers from taking on too much mortgage debt.

Bank official David Wolf said in a speech yesterday that in the central bank's view it is premature to be talking about a housing bubble in Canada.

And he said even if the bank judged that housing prices were getting out of hand, raising interest rates is too blunt an instrument since it would have the effect of cooling off the entire economy.

"We would, in essence, be dousing the entire Canadian economy with cold water, just as it emerges from recession."
David Wolf, Bank of Canada official

"We would, in essence, be dousing the entire Canadian economy with cold water, just as it emerges from recession," he said in an Edmonton speech delivered on behalf of deputy governor Timothy Lane, who could not travel to the Alberta capital for personal reasons. Notes from the speech were posted on the bank's website.

"As a result, it would take longer for economic growth to return to potential and for inflation to get back to target," he added.

Wolf, a former chief economist with Merrill Lynch Canada who is currently adviser to governor Mark Carney, said there were other ways to dampen Canadians' enthusiasm for homes without resorting to raising interest rates.

THE CANADIAN PRESS

News in brief

FATALITIES Two people are dead after separate snowmobile accidents in Ontario. A 21-year-old Peterborough man was killed in a crash Sunday evening beside Highway 28 near Havelock. Provincial police say Kyle Morgan was travelling along the highway shoulder when he struck a mailbox and was thrown onto the roadway. Also Sunday in Amherstburg, south of Windsor, a 19-year-old woman died in a snowmobile accident. THE CANADIAN PRESS

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Family, friends mourn fallen heroes

AFGHANISTAN Reporter Michelle Lang's brother sobbed as he told his sister's funeral that their mother had warned Lang not to take on the dangerous Afghanistan assignment.

Cameron Lang, who tearfully recounted getting into mischief with his sister when they were children, told mourners he feels guilty that he wasn't able to talk her out of it.

But he said she was where she wanted to be.

Lang, a reporter for The Calgary Herald, became the first Canadian journalist killed in Afghanistan when a roadside bomb obliterated the armoured vehicle she was riding in on Dec. 30.

Four soldiers were also killed in the blast and four were injured.

A funeral for Sgt. Kirk Taylor was held yesterday in Yarmouth, N.S.

More than 2,000 gathered at a hockey arena to pay respects to the soldier, 28, who was laid to rest with full military honours.

He was described as a "natural born leader" who also had a "wild and witty sense of humour."

ANDREW VAUGHAN/THE CANADIAN PRESS

The flag-draped coffin carrying the remains of Sgt. Kirk Taylor, a reservist with the 84th Independent Field Battery, is carried from his funeral service at a hockey arena in Yarmouth, N.S. yesterday. Taylor was one of four soldiers and a journalist killed by a roadside bomb in Afghanistan on Dec. 30, 2009.

Lang's funeral had to be held in a banquet hall to accommodate the hundreds of mourners who attended. The 34-year-old grew up in Vancouver before embarking on a journalism career

Her fiance, Michael Louie, told mourners of falling in love, their whirlwind romance and engagement and Lang's love for her work.

"Leaving her after a kiss goodbye in the morning was always the worst part of my day," he said. THE CANADIAN PRESS

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Comment

Liberals enter political battlefield

If, as the Conservatives interpret it, politics is war, it's no surprise they have been winning. They are the only side that's been deploying the heavy artillery.

In response to their attack ads against Stéphane Dion and Michael Ignatieff, the Liberals have been absent from the battlefield. In the Dion case, they didn't have the money to afford counterblasts. With Iggy, they've been cautious, not wanting to be accused of joining Stephen Harper on the political low road.

That's changing. Liberal ads released this week on the closing down of Parliament hit the prime minister where it stings — with a cover-up charge. Team Ignatieff is aware it's not the alleged torture of Afghan detainees that has the public worked up. It's the autocratic arrogance of the PM in thinking he can repeatedly manipulate the democratic system for partisan gain.

Given the heady response they've been getting on the prorogue issue, the Grits feel they've got momentum on their side. That they may be right was indicated by Harper's response. In obvious damage-control mode, he's volunteering many a media interview. That's something he doesn't do often.

He tried to excuse the shutdown of Parliament by saying the government needed more time to prepare for a new budget. But the government had a five-week Christmas break even without a prorogue. In any case, the PM was contradicted by Finance Minister Jim Flaherty, who said yesterday that budget consultations weren't affected by prorogation.

The other Conservative defence line is the rationale that the Liberals once did this kind of thing, so it's OK for us to do it. It never seems to bother Team Harper that anyone with a measure of self-respect doesn't seek to excuse their own inadequacies by constantly dredging up the inadequacies of others.

In the abuse-of-power sweepstakes, the Jean Chrétien Liberals did indeed run up quite a tally, not the least of which was closing down an inquiry into alleged brutality by Canadian soldiers in Somalia. The move was dictatorial and inexcusable. But Ignatieff had nothing to do with any of the malfeasance in the Chrétien days. In any case, the Conservatives promised a new era of accountability and transparency. The promise has become a standing joke.

On one level — the lack of civility in our politics — it's unfortunate the Liberals are resorting to attack ads. But to compete against the Harper goon squad, they didn't have much choice. They could continue to get run over. Or they could finally start giving this prime minister some of his own medicine.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Facebook rides to Parliament's rescue

Norm Beach

I always thought Facebook was just a cosy corner in cyberspace for idle chat and gossip.

But recently a flash mob of Canadians upset at the abrupt shutdown of Parliament began airing its beefs on the social networking site, and the group has gone viral, attracting more than 10,000 members each day. (Yesterday, more than 150,000 people had signed up.) Now postings are so frequent that within minutes anything put on the main board becomes an "older post" as new comments and information links flood onto the site.

It started with a graduate student at the University of Alberta, peeved by Prime Minister Stephen Harper's New Year's resolution to shut down Parliament until after the Olympics.

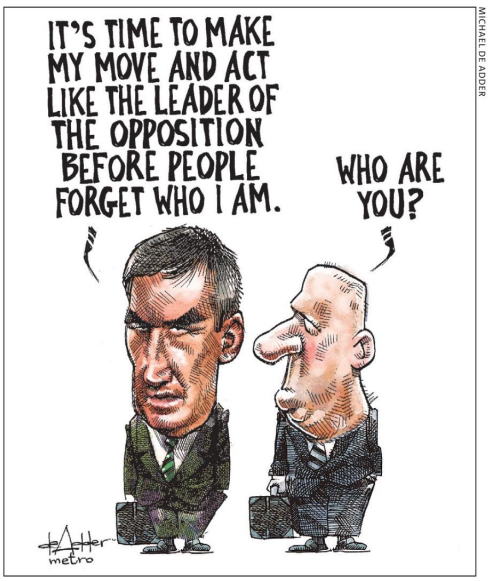
The prime minister apparently thought most Canadians wouldn't miss the crude display of boorish behaviour that is otherwise known as question period on the Hill. And I don't blame most political experts for thinking a Facebook group called Canadians Against Proroguing Parliament wouldn't fly far in cyberspace, let alone influence the hardball game of politics. But ordinary Canadians have confounded the experts.

As one of those ordinary Canadians, I think I know why.

Parliament may be full of people we don't greatly admire, but we are the ones who put them there to represent us. Our fractious and frustrating House of Commons is the only democracy we have, the place our elected representatives decide the laws that govern this country.

Stephen Harper may think most Canadians don't pay very close attention to what goes on in Parliament, and he's right. But if our democratic space is suddenly, and for no good reason, shut down, we start to smell something rotten in Ottawa. We might even begin to think that what goes on in our nation's capital is more important than who's groping who in the bedrooms of Hollywood. Hard to believe, eh? Well, stranger things have happened. Even on Facebook.

Norm Beach is a writer and teacher in Toronto.



MICHAEL DE ADDER

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Netanyahu orders construction of barriers with Egypt
Israeli Prime Minister Benjamin Netanyahu has ordered the construction of two massive fences along the long and porous southern border with Egypt, saying he wants to stem a growing flood of African asylum seekers and to prevent Islamic militants from entering the country. THE ASSOCIATED PRESS

World

Balloon dad begins jail sentence

The man who orchestrated a hoax that his child had been carried away on a balloon turned himself in yesterday to begin a 90-day jail sentence in Colorado. Richard Heene, left, pleaded guilty to attempting to influence a public servant after the Oct. 15 saga that captivated an international TV audience. THE ASSOCIATED PRESS

Wife's sex scandal forces out leader

N. Ireland First Minister temporarily steps down after details emerge of wife's affair with teen

Northern Ireland's Protestant leader temporarily stepped down yesterday, forced out of office by a scandal over his wife's affair with a teenager.

Northern Ireland's First Minister Peter Robinson had been under pressure since it was revealed that his wife, Iris, had a 19-year-old lover and helped him raise tens of thousands of dollars for his business. She was 58 at the time.

The revelations have angered Robinson's socially conservative Protestant power base and threatened to undermine the Democratic Unionist Party's partnership with the Catholic Sinn Fein — critical to maintaining the British province's shaky coalition government.

Northern Ireland has been shaken by a recent surge in attacks by IRA dissidents. Last March, militants killed two soldiers and a policeman — the first killings of British security forces in Northern Ireland since 1998. On Friday, a prominent Catholic policeman was badly hurt when a bomb hidden beneath his car exploded.

In a statement, Robinson said he needed time "to deal with family matters" and defended himself against a claim of wrongdoing. He denied the allegation in a BBC report that he acted improperly by failing to warn parliamentary authorities that his wife — also a lawmaker — was securing loans for her lover.

An official with Robinson's Democratic Unionists suggested the embattled leader could stay away even longer, saying Robinson's absence could be extended for another six weeks with legislators' approval.

THE ASSOCIATED PRESS

JOHN HARRISON/THE ASSOCIATED PRESS

A 2008 file photo shows Iris Robinson with her husband, Northern Ireland First Minister Peter Robinson.

News in brief

ITALY Premier Silvio Berlusconi returned to a busy political schedule yesterday after a monthlong recovery from an attack that broke his nose and two teeth. Berlusconi said he was feeling well as he arrived at his Rome residence, cheered by a group of supporters. Berlusconi was hit in Milan Dec. 13, when a man threw a statuette at his face during a rally. Berlusconi's popularity has increased since the attack, polls have shown.

CROATIA The new president said yesterday he will keep Croatia on its pro-Western course and pledged to fight the crime and corruption that have plagued its path toward the European Union. Ivo Josipovic defeated Zagreb Mayor Milan Bandic in a presidential run-off vote Sunday.

CALIFORNIA The first federal trial to determine if the U.S. Constitution prohibits states from outlawing same-sex marriage got underway yesterday, with two couples on whose behalf the case was brought among the first witnesses. The proceedings involve a challenge to Proposition 8, the gay marriage ban approved by California voters in 2008.

THE ASSOCIATED PRESS

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ScanLife

A frustrated soldier finds himself in a U.S. jail over "threatening" rap lyrics. Scan this code for the full story.

New book says Obama faced racism from Clinton, party, during '08 campaign

WASHINGTON An explosive new book about the 2008 U.S. presidential campaign alleges former president Bill Clinton once dismissed Barack Obama as being better suited to fetch coffee than to occupy the Oval Office.

It's one of several racially tinged allegations in Game Change, a gossipy tome that suggests members of the president's own Democratic party have been as focused on the colour of Obama's skin as some conservative rivals. The book says Bill Clinton torpedoed his wife's chances of getting a treasured endorsement from the storied Kennedy clan when he dismissed Obama as nothing more than an affirmative action candidate in a conversation with the late Ted Kennedy.

"A few years ago, this guy would have been getting us coffee," Clinton allegedly told Kennedy. The book says Kennedy was deeply offended, and was "fuming" when he recounted the conversation to friends and associates. THE CANADIAN PRESS

Reid apologizes for comments

- Senate Majority Leader Harry Reid apologized for comments attributed to him, that Obama was electable because he was a "light-skinned" African American "with no Negro dialect."

Afghan street kids yearn for better life

KABUL They dart between several lanes of heavy stop-and-go traffic, some barely tall enough to peer at the drivers of the cars who studiously ignore them.

With dry rags, they smear dust on windshields, or press boxes of cheap facial tissue or gum against closed windows, tapping on the glass in a vain attempt to get attention. They are the small pockets of uncounted street kids in the teeming city of Kabul. For them, the typical Afghan storylines of insurgents, soldiers, governments and billions in aid and reconstruction dollars disappear amid the realities of minute-by-minute survival.

"I'm not happy," seven-year-old Fatimah said during a recent break from her daily routine, fidgeting with the folded, filthy cloth she uses to wipe windshields.

"I want to go to school. I want to be at home, to do my homework ... not be outside.

"We clean cars and they give us 10 rupees, 20 rupees," she said, estimating she makes about 40 afghanis in a day — barely the equivalent of a dollar.

COLIN PERKEL/THE CANADIAN PRESS

A child tries to persuade a motorist to buy gum in Kabul.

Nazir Muhammad, 38, who has worked for several years as a photographer, finds it distressing to constantly see the young beggars plying their trade.

"There is no support for them. As a Muslim, as an elder, as an Afghan national, I really feel sad about them." THE CANADIAN PRESS

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Competing Ontario firms merge
National accounting firm Grant Thornton Ltd. says it has merged with competitor Hards Pearson LLP, which is based in Barrie. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Report says RRSP cash to decline

SAVINGS RBC Economics says it expects RRSP contributions will continue to decline through 2020, as more of the baby boom generation moves into retirement.

RBC assistant chief economist Paul Ferley says RRSP contributions grew steadily for three decades starting in the late 1960s, but began falling in the late 1990s as "boomers got older and contributed less."

He says the retirement savings pattern differs depending on the age group, with those aged 34 and under the least likely to make RRSP contributions. Ferley says contributions start to move lower after age 55.

THE CANADIAN PRESS

Detroit **Award presentation**

CARLOS OSORIO/THE ASSOCIATED PRESS

Ford Motor Co. president of the Americas Mark Fields holds up the 2010 North American Truck of the Year award and Car of the Year award at the North American International Auto Show in Detroit. The Ford Fusion Hybrid was named the 2010 North American Car of the Year and Ford Transit Connect was named the 2010 North American Truck of the Year.

Race on for solar roofing

Flying into Pearson International Airport offers a view of the GTA that would make even the least excitable solar entrepreneur salivate.

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In a province prepared to pay richly for solar power, it's no surprise then that the race is on to lock up leases on prime rooftop real estate across the Greater Toronto Area and the rest of Ontario.

"It's kind of like a gold rush right now," said Justin Woodward, director of solar development for Toronto-based Greta Energy Inc., which is focusing its efforts on smaller towns outside the GTA.

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SCANLIFE

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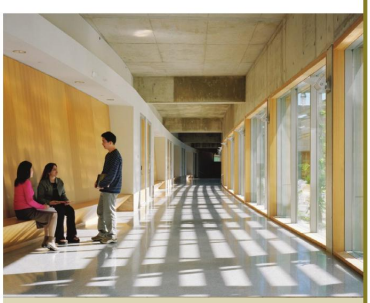

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

7 steps to saving fuel

AlisonOnMoney

In my quest to save money, here are seven painless ways to cut fuel costs courtesy of 4Refuel Ltd., a Langley B.C., company that manages fuel supplies for business and knows a thing or two about saving a litre here and there.

1 Kill the idle: Not only is it illegal in some places but more than three minutes of idling can shorten engine life and excessive idling can add as much as 50 per cent to your fuel costs. Idle idiots also shorten the life of their engine oil by 75 per cent. During the depths of winter's chill, it's tempting to warm up before you get in, but cars today have fast and efficient heaters.

2 No jack rabbit starts: Jack rabbit starts use 40 per cent more fuel and increase emissions by 400 per cent. What's more they save less than three minutes over 60 minutes of driving.

3 Pussy foot the accelerator: Cars travelling at 120 km/hour versus 100 km/hour use 20 per cent more fuel.

4 Put your car on a diet: Eliminate superfluous items — golf clubs, in-laws, etc. Even a couple hundred extra pounds adds stress to the engine and decreases gas mileage.

5 Keep your engine purring: Tune-ups really do increase gas mileage and extend the life of your engine.

6 Check your tire pressure: Correct tire pressure saves gas — as much as two weeks worth a year — while improving car handling and braking and decreasing tire wear.

7 Take the ankle express: I'm amazed at how many people get in their cars to drive from store to store at the power centre malls rather than walk a few hundred metres. A little ankle express, for kids and adults, improves gas mileage and magically shrinks waists.

You have no influence over oil prices but it's within your power to have the same effect as a decline at the pump with a little effort.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Money Matters: Henry Choo Chong discusses what's eligible under the Home Renovation Tax Credit. Visit **metronews.ca/moneymatters** to read his column.

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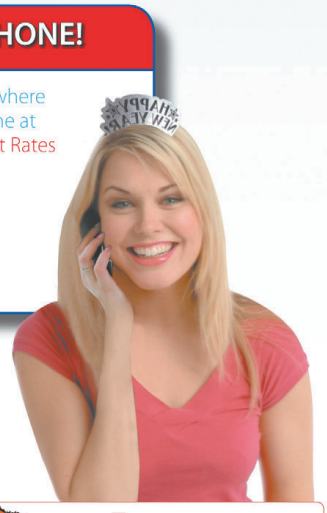

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Sports

Fake labels poke fun at Tiger

Gatorade says bootleg labels with a picture of Tiger Woods, the word "unfaithful" and the Gatorade name have been found on bottles in Colorado stores. Gatorade spokeswoman Karen May said yesterday the labels were fakes. She declined to say whether the bottles contained real Gatorade. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Danton could play university hockey

BACK TO SCHOOL A former NHL player who spent five years in prison after he was convicted of a plot to kill his former agent could suit up for the Saint Mary's Huskies this semester.

Mike Danton, who was released from prison in September, has been cleared by Saint Mary's administration to enrol in sociology courses and suit up for the hockey team.

The 29-year-old is only waiting to receive clearance from the national parole board to move to Halifax from Ontario.

Danton, who had nine goals, five assists and 182 penalty minutes in 87 games with the St. Louis Blues and New Jersey Devils, pleaded guilty in 2004 to the failed plot to kill David Frost.

MATTHEW WUEST /METRO CANADA

Raps let lead slip away

NBA RESULTS

Raptors 101 Pacers 105

VS Pacers

Danny Granger scored 23 points and the Indiana Pacers overcame a 23-point deficit to beat the Toronto Raptors 105-101 last night.

Troy Murphy had 20 points and 16 rebounds, A.J. Price scored 16 points and Mike Dunleavy added 15 for the Pacers, who had lost two straight. It was Indiana's first win since Granger's return from a heel injury that had kept him out for a month.

Chris Bosh had 27 points and 10 rebounds, and Andrea Bargnani added 12 points and 17 rebounds for the Raptors, who played their third game in four days.

THE ASSOCIATED PRESS

DARRON CUMMINGS/THE ASSOCIATED PRESS

Indiana Pacers centre Roy Hibbert is defended by Toronto Raptors forward Chris Bosh during the first quarter of last night's game in Indianapolis. The Pacers won 105-101.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Pittsburgh at Minnesota
Colorado at Calgary
Nashville at Vancouver
San Jose at Los Angeles

TODAY'S GAMES
Carolina at TORONTO
Detroit at N.Y. Islanders
New Jersey at N.Y. Rangers
Dallas at Philadelphia
Ottawa at Atlanta
Washington at Tampa Bay
Columbus at St. Louis
Nashville at Edmonton
San Jose at Phoenix

NBA

YESTERDAY'S RESULTS
Indiana 105 Toronto 101
Philadelphia 96 New Orleans 92
Atlanta 102 Boston 96
Detroit at Chicago
New York at Oklahoma City
Miami at Utah
Milwaukee at Phoenix
Minnesota at Denver
Cleveland at Golden State

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How has the attack on Togo's soccer team affected security plans for the World Cup? Scan this code for the full story.

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Varadero $99
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Travel Jan 20/ac + taxes & fees $64

Las Vegas $169
Travel Jan 24 - Jan 28/wg + taxes & fees $221

Manchester $199
Travel Feb 7 - Feb 14/ts + taxes & fees $399

Rome $389
Travel Feb 24 - Mar 10/ua + taxes & fees $363

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Allegro Puerto Plata + taxes & fees $320
Departs Jan 14/vat/ts.

Cancun 7 Nights 4-Star $498
Barceló Costa Cancun + taxes & fees $272
Departs Jan 14/vat/ts.

Cayo Coco 7 Nights 4-Star $498
Blau Colonial Cayo Coco + taxes & fees $211
Departs Jan 16/sgn/wg.

Punta Cana 7 Nights 4-Star $517
Blau Natura Park Beach Eco Resort & Spa + taxes & fees $320
Departs Jan 14/nol/ts.

Mayan Riviera 7 Nights 4-Star $595
Viva Wyndham Maya + taxes & fees $277
Departs Jan 20/swg/wg.

Panama City 7 Nights 4-Star $597
Playa Blanca Hotel & Resort + taxes & fees $243
Departs Jan 18/nol/ts.

Varadero 7 Nights 4.5-Star $598
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INCLUDES junior suite accom.
Departs Jan 17/sgn/5g.

Jamaica 7 Nights 4-Star $785
Sunset Jamaica Grande Resort + taxes & fees $268
INCLUDES oceanview accom. Departs Jan 20/swg/wg.

Vacations

Orlando Family Special
Air + 4 Nights $89◊
Champions World Resort + taxes & fees $216
Departs Jan 18/ggv/wg.

Las Vegas Air + 4 Nights $155
Excalibur Hotel + taxes & fees $241
INCLUDES accom on the strip. Departs Jan 24/swg/wg.

London & Paris Air + Rail $449
+ taxes & fees $405
INCLUDES air into London, return from Paris and one-way ticket to Paris aboard the Eurostar.
Travel Mar 2 - 10/ggv/ua.

San Francisco Air + 3 Nights $499
The Mosser + taxes & fees $122
Departs Feb 8/ggv/ac.

Hawai'i Air + 7 Nights $739
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7-Night Luxury Included® $1579
Sandals Dunn's River Villaggio Golf Resort & Spa + taxes & fees $109
INCLUDES Luxury Included® accom, gourmet dining, unlimited premium brand beverages, scuba diving, golf and much more. Departs Mar 22/wsv/ws.

Nassau, Bahamas
7-Night Luxury Included® $1849
Sandals Royal Bahamian Spa Resort & Offshore Island + taxes & fees $103
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Simpson headed to Vancouver
The Simpsons will take aim at curling this season when Homer and Marge head to Vancouver for the 2010 Olympics. In an episode due to air around the time of the Winter Games in February, the couple represents the United States in the semi-fictional event of mixed curling. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METR

JEFF GROSS/GETTY IMAGES

Drew Doughty of the Los Angeles Kings is pursued by Brendan Morrison of the Washington Capitals at Staples Center earlier this month. Doughty has eight points since being picked for Team Canada.

Proving his worth

Doughty on a tear since making Team Canada

The excitement of being selected to Team Canada doesn't appear to have worn off for Drew Doughty.

The 20-year-old Los Angeles Kings defenceman could hardly sleep leading up to the Dec. 30 announcement and ended up being one of Steve Yzerman's boldest selections for the Olympic team. He's responded extremely well to that vote of confidence, having accumulated more points (eight) than anyone else on Team Canada from the time the roster was announced through Sunday's games.

Not bad for a guy who was tossing and turning in bed just two weeks ago.

"I was pretty nervous," Doughty said after being named to the team. "I didn't really know what my chances were. I knew I had an outside shot. Making it is definitely a big surprise, I'm just so excited."

He was held off the scoresheet that night in Calgary before putting up eight assists over the following five games. That streak included a four-assist game in San Jose Jan. 4 — the most productive night of his brief NHL career.

Interestingly, two of Canada's other defencemen have also been putting up nice offensive numbers since Yzerman selected them to the team. Chicago's Duncan Keith and Philadelphia's Chris Pronger both have seven points over that stretch, with Keith having moved to within two points of his career-high of 44 with almost half a season to go.

It's no coincidence there are so many blue-liners with offensive tendencies on the Olympic team. The Canadian squad that finished seventh at the Games four years ago seemed to be missing that element.

"We had trouble moving the puck on the big ice (in Turin), I guess would be the best way to describe it," said Kevin Lowe, a member of Yzerman's management team. "Now we've come almost full circle in terms of making an emphasis on guys who can move the puck, get it in the hands of the forwards. ... We think we have that in this group."

THE CANADIAN PRESS

U.S. captain

- Jamie Langenbrunner of the New Jersey Devils will be the captain of the American hockey team at next month's Olympics.

With one month to go, Olympic host mountain closes runs due to heavy rains

Rain and warm temperatures forced Cypress Mountain, the ski resort that will host the freestyle skiing and snowboarding events at next month's Winter Olympics, to close yesterday, but officials promise there will be plenty of snow for the Games.

Tim Gayda, the vice-president of sport for the Vancouver Olympic Games Organizing Committee, said both artificial and natural snow has been stockpiled.

"In terms of having enough snow, even if this weather stayed around, we do have it," Gayda said in an interview. "Right now we are very confident in the pack we have, that we will be able to produce a great field of play."

JONATHAN HAYWARD/THE CANADIAN PRESS

A hill worker is seen yesterday at Cypress Mountain as high winds, dense fog and heavy rains with temperatures around 4 C melt snow at the Olympic venue in West Vancouver, B.C.

Kent Rideout, a spokesman for Cypress Mountain, said temperatures of 4 C and rain have resulted in some snow melting off the mountain located on Vancouver's north shore.

Cypress officials will decide today when they will open the resort again

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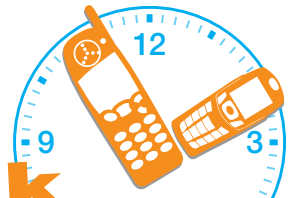
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Concordia student union demands Ottawa release Quebec portion of CSGP
In a news release issued Friday, Concordia University's student union condemned the federal government for the "mismanagement" of the new Canada Student Grants Program by withholding the Quebec portion of the grants. METRO NEWS SERVICES

Workology

CCL funding discontinued

Last month, the Canadian Council on Learning, an organization established by the previous Liberal government to promote lifelong education, received notice from Human Resources and Social Development Canada that it would not receive federal support past March 31 of this year. Last year, the government allowed CCL, which was given a five year, $85 million grant in 2004, to continue operations for another year, but did not contribute any new funding. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cool comfort for Canadians

RAFAEL BRUSILOW
for Metro Canada

Despite not being a "brand guy" or having a business degree, Dani Reiss' entrepreneurial spirit and commitment to authenticity has turned famed Canadian jacket manufacturer Canada Goose into a worldwide phenomenon.

Yet Reiss — the relaxed, thoughtful 36-year-old president and CEO of Canada Goose — never thought in a million years he'd run a company, let alone worry about things like branding.

"I was never a brand guy — I used to cut the alligators off my shirts. (Leading a brand) was never something I ever planned on doing," Reiss said.

He graduated with a degree in English Literature and wanted to become a writer before his father convinced him to spend a few months working at the family's production plant. Before long he was hooked and he took over the business in 1997 and immediately focused on making the story of Canada Goose into the story of Canada itself — after all, if a jacket is warm enough to survive the Canadian winter it's probably warm enough to survive anything, he figured.

PHOTO SUBMITTED

Dani Reiss surviving the bitter cold of Greenland in one of his company's down-filled jackets.

Consumers agreed and the brand, started in 1957, has grown by leaps and bounds since Reiss took over the reins, now selling more than 600,000 jackets every year and employing more than 400 people.

For many winter wanderers around the world, Canada Goose jackets are synonymous with warmth and quality, and Reiss believes a big part of that is because the company's iconic down-filled jackets are still made right here in Canada.

While other clothing manufacturers have long since outsourced production to Asia, Canada Goose has kept all of its production within Canada, not only as a point of pride but as a crucial part of maintaining the brand's credibility with consumers, Reiss says.

"Authenticity is everything. You can't outsource the meaning behind the product."
Canada Goose CEO Dani Reiss

"Authenticity is everything. You can't outsource the meaning behind the product. I'd like to think that 'Made in Canada' is going to see a renaissance and if it does we'd like to think we were a part of that because we've taken a very strong position that is who we are," Reiss said.

Pictures of world leaders like Bill Clinton and Vladimir Putin wearing Canada Goose jackets in dire winter settings certainly have beefed up the brand's notoriety and Reiss believes a combination of mystique and utility work to give the brand it's cachet.

"It's not just an image and it's not just a commodity product. The stories behind it really make it. It's a convergence of fashion and utility, a life-saving product for the people who work in the coldest places in the world," Reiss said.

Canada Goose is partnered with Polar Bears International, of which Reiss is chairman of the board, to help with conservation of the world's endangered polar bears, two-thirds of which reside in Canada. Reiss says the charity is a perfect match for Canada Goose because the polar bear is a powerful symbol of Canada recognized around the world, much like the Canada Goose brand itself.

As for becoming the leader of one of Canada's most iconic brands, Reiss says the best part is having to forge a new path forward constantly.

"I love the action, I love the adrenaline, I love the challenge. There's no rulebook to doing this, no how-to guide and I love that," Reiss said.

Symposium 2010: Managing Immigrant Talent in a New Economy

Toronto is one of the most ethnically diverse cities in the Organization for Economic Co-operation and Development (OECD). Human capital management is one of the critical issues that impact the Greater Toronto Area's ability to boost its competitiveness, growth, and prosperity.

"Managing Immigrant Talent in a New Economy" will provide employers, either from private or public, for profit or non profit sectors, insights into some of the successful ways organizations are developing and managing skilled immigrant talent and how others can strengthen their efforts. Industry leaders and a panel of experts will provide clear reasoning for how Prior Learning Assessment and Recognition (PLAR) practices can support a business's bottom line as well as foster improvement of the Canadian economy.

Free Admission

Date: Tuesday, January 19, 2010
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Lunch will be provided from noon to 1:00 p.m.
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Prior Learning and Competency Evaluation and Documentation (PLACED) is funded by the Government of Ontario.

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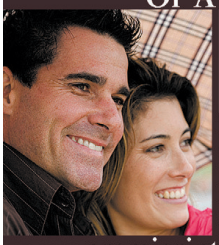

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Changing careers still in vogue for new year

Recent improvements in the economy may have some workers preparing to move to a new job in the new year, with nearly one-in-five workers (19 per cent) reporting they plan to leave their current job in 2010 to find a new one.

Nine per cent said they plan to leave in 2011. This is according to CareerBuilder's latest survey among more than 5,200 workers.

Many employers were forced to make some tough business decisions in 2009, and may be pushing workers to make some difficult decisions as well. One-in-ten workers (12 per cent) whose companies cut benefits or perks said they would stay at their current jobs for six months or less, while 27 per cent of workers who did not receive a raise or promotion in 2009 said they would leave their current positions in less than a year if they did not receive either. Nearly one-in-five (18 per cent) workers who experienced pay cuts said they are willing to stay at their current jobs for only six months or less.

"Many of the decisions employers made last year were designed to preserve the health of their businesses and many survived because of them," said Rosemary Haefner, vice-president of human resources for CareerBuilder. "In some cases, workers were affected by the cost cutting measures and job satisfaction levels suffered. For example, 61 per cent of employees said they were satisfied at their jobs last year — down from 70 per cent in 2008. Employers should take workers' pulses early on in the new year. That way, they can assess their staff's performance, retention rates and overall happiness."

METRO NEWS SERVICES

According to a CareerBuilder survey, many employees are fed up with their work or their work situation and are planning on changing careers this year.

Job goals

- Pay: Fifty-seven per cent of workers did not receive a raise last year, up sharply from 35 per cent in 2008. Of those that did receive raises, 28 per cent were given an increase of three per cent or less. Seventy-one per cent of workers did not receive a bonus.
- Career Advancement: Twenty-eight per cent of workers are dissatisfied or very dissatisfied with the career advancement opportunities provided by their current employers.
- Switching Industries: Twenty per cent of workers said they plan to switch careers/fields in the next two years.
- Work/Life Balance: Nearly one-quarter (23 per cent) of workers said they are dissatisfied or very dissatisfied with their work/life balance.
- Training/Learning: Twenty-six per cent of workers are dissatisfied or very dissatisfied with training and learning opportunities provided by their current employers.

—CAREERBUILDER

Workology in **brief**

CASE OF STOLEN TUITION FUNDS AT RED RIVER COLLEGE UNSOLVED: A theft of tuition funds from Red River College's Princess Street campus in Winnipeg last September remains unsolved. Police are investigating how someone was able to get past surveillance video and security guards to steal cash and cheques from a safe on campus. At the time of the theft it was reported that a few hundred thousand dollars may have been taken, but a college spokesman says this estimate was incorrect. Students who paid their tuition by cheque prior to the discovery of the theft were told to notify their banks to stop payment. The school's security systems and procedures have since been reviewed and revised, and an internal investigation is in progress.

RULING ALLOWS UVIC TO EVICT GRADUATE LIVING ON CAMPUS, UNIVERSITY SAYS: The University of Victoria says a recent B.C. Supreme Court ruling means it can evict a graduate still living in residence nearly 13 years after he graduated. In August 2008, uVic served Alkis Gerd'son, who has a disability, a one-month eviction notice, citing "default in rent" and "persistent violation of requirement to maintain enrolment status." Gerd'son's rent was paid by the B.C. government, but uVic applied the funds to overholding charges and not to rent.

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La Cité appoints new president
La Cité collégiale announced last month that Lise Bourgeois has been named the Ottawa-based institution's new president. Bourgeois will take on her new position at the end of March. METRO NEWS SERVICES

In college? You're probably angry

ROBYN YOUNG
for Metro Canada

If you find yourself getting a little hot under the collar sometimes and can't figure out why, a University of Toronto Sociology professor might have some answers.

"On average, people in their 20s and 30s report more anger than those in their 40s, 50s and older," said Scott Schieman, author of a chapter in the International Handbook of Anger, to be published this month.

Schieman studied a national survey of 1,000 Americans aged 18 and over and discovered the strongest predictor of anger was a feeling of being rushed for time and those in their 20s and 30s experience this feeling more often than older adults.

People in this age group are busy setting up their lives, putting long hours into their jobs and starting families, he suggested, all of which contribute to time pressure.

"Simply having children in the household is connected to higher levels of anger."
Scott Schieman on anger

And although older adults may experience similar time pressures, they have learned how to better manage their time to avoid the feelings of frustration and anger.

Economic hardship and conflict in the workplace are also core stressors that elevate anger levels and may be experienced more often by younger adults.

Another one of Schieman's main findings was that people with children reported feelings of anger more often.

"Simply having children in the household is connected to higher levels of anger," Schieman said.

On average, people in their 20s and 30s report more anger than those older, a new book finds.

Having children in the household is associated with angry feelings and behaviour (i.e., yelling) and these patterns are stronger among women compared with men.

Finally, an individual's level of education may contribute to how often they experience anger, he said.

Compared with people with fewer years of education, the well educated are less likely to experience anger and when they do, they are more likely to act proactively by trying to change the situation or talking it over.

Schieman hopes to repeat parts of the study he based his findings on in Canada; he said he expects Canadians experience anger in much the same way as their American counterparts but would be interested to note any differences.

"The sociological analysis of anger can shed light on the ways that the conditions of society influence emotional inequality," said Schieman.

"Why do some people seem to experience more anger than others? And what does this say about social inequality and its impact in our everyday lives?"

The International Handbook of Anger is edited by Michael Potegal, Gerhard Stemmler and Charles Spielberger.

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Workology in **brief**

FANSHAWE STUDENTS ARRESTED IN CONNECTION TO ROWDY OFF-CAMPUS PARTY: Hoping to make more arrests in relation to a "booze-fuelled" Halloween party that "rocked" a Fanshawe College-area neighbourhood and led to a violent clash with police, London police have released a video of the incident that was found on an unnamed social networking site. Fanshawe president Howard Rundle vowed that any student implicated in the melee would face academic sanctions. A Fanshawe spokeswoman says of the 22 individuals arrested, 11 were students from the college. Of those 11, one was suspended indefinitely under the college's student code of conduct, and six were required to sign behaviour contracts to continue schooling.

NIC CONSTRUCTING TRADES TRAINING FACILITY: Last week, North Island College began construction of its new skills development and trades training centre at its Comox Valley campus. The facility will house carpentry and multi-purpose workshops, a covered open work area, and three trades training classrooms.

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King's student a Rhodes scholar

RICHARD WOODBURY
for Metro Canada

Ottawa-native Rosanna Nicol has won the prestigious Rhodes Scholarship and will begin at Oxford in September.

When Ottawa-native Rosanna Nicol found out she was selected to receive a Rhodes scholarship, she had a hard time believing it.

"I think my reaction was no, no way," the 22-year-old University of King's College student says.

She learned the news in late November only 90 minutes after her interview with the selection committee. She was relaxing with her roommates and hadn't even changed out of her interview clothes when the call came.

A celebration was definitely in order. "My roommates turned up the music and we just kind of had a dance party and were just dealing with the emotional overload," she says.

Nicol is one of 11 Canadians to receive this year's batch of Rhodes scholarships and will begin her studies in September.

One of the best-known and prestigious in the world, the scholarship covers all fees as well as a stipend for living expenses for two (and possibly three) years of post-graduate studies at the University of Oxford in England.

Nicol is currently wrapping up her arts degree in history and economics at the Halifax, N.S.,-based university and plans on pursuing a masters in development. She's had an interest in refugee and sustainability issues for most of her life and already has an idea for her thesis.

"I'm pretty interested in socially responsible investing and how we could get capital flow to areas that need it, but within a market structure, rather than an aid framework," says Nicol.

She was hesitant at first about applying for the scholarship, but says the work involved with the application is what hooked her.

"What drew me to it … was how they really ask you in the documents you prepare for them to reflect on why you do all the stuff you do and to really question what your basic motivation is, and I hadn't really done that," says Nicol.

"I don't think a lot of us do that very often, you know, really wonder what is powering us."

Nicol is an active member of student life at King's. She's in the King's College Chapel Choir, plays on the Dalhousie/King's ultimate frisbee team, volunteers with the World University Service of Canada (WUSC) and helped introduce a student levy last year to help WUSC's student refugee program.

The Rhodes scholarship was established in the will of Cecil Rhodes in 1902. Eighty-two recipients are selected worldwide every year and past recipients include former U.S. President Bill Clinton and Newfoundland Premier Danny Williams.

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SENECA CHANGES YOU.

Apprenticeship boom at Keyano College
In the past six years, the number of apprentices enrolled at Keyano College has doubled, with over 1,000 apprentices attending the Fort McMurray-based institution this year. METRO NEWS SERVICES

Economy on the upswing: Bank

Canadian companies are feeling more confident that the economic recovery is taking hold and say they are stepping up plans to hire more workers and invest, the Bank of Canada said Monday.

The central bank's quarterly survey of business conditions, and a companion survey of senior loan officers, both released Monday, were generally encouraging and point to improving conditions across the board.

In a news conference in St. Boniface, Man., Finance Minister Jim Flaherty said he was encouraged that both consumer and business confidence were improving but added that dangers remained.

"The economy is still recovering … (but it) has not recovered," he said. "As you can see from the employment numbers on Friday, there's still reason to be concerned about the performance of our recovery and particularly of the United States economy."

Friday's employment reports disappointed analysts on both sides of the border, with Canada dropping 2,600 jobs in December when a 20,000 gain was expected, and the U.S. reporting a contraction of 85,000 jobs.

The banks survey of firms also suggests the economy is far from returning to the strength that existed before the recession hit in the late summer and early fall of 2008.

"The results of the winter survey provide some evidence that confidence in the recovery is growing," the bank said in an analysis posted on its website yesterday morning.

"While the balance of opinion on future sales is little changed, and respondents still expect the recovery to be gradual, more firms are planning to increase investment spending and employment than in the previous two surveys."

In a separate survey of senior loan officers, the central bank said lending conditions to firms have stabilized after almost two years when the balance of opinion reflected a tightening trend.

"These improved conditions are consistent with borrowers' increased access to financing in capital markets during recent quarters, and can also be attributed to the outlook for this segment being seen as favourable by survey respondents," the bank said.

The two surveys were conducted in late November and early December and are used by the central bank in determining its outlook for the economy and in setting interest policy.

Scotiabank economist Derek Holt was encouraged by the results, given how the depths to which the economy and business confidence had sunk a year ago.

"The big story here remains that businesses have transitioned from a sharply negative outlook in late 2008 through (the first quarter of) 2009 towards a sharp improvement over the past three quarters, and that hasn't sharply deteriorated despite the Canadian dollar's rise," he said in a note.

Still, the survey also shows that firms still report significant excess capacity and the percentage experiencing labour shortages is down to seven per cent, a record low for the survey.

As with the senior loans officers, firms also say they are experiencing better loan conditions, meaning they are finding it easier to get loans to finance operations and invest.

THE CANADIAN PRESS

Sales and hiring up

- Seventy per cent of businesses said they expected their sales to increase over the next year.
- On hiring intentions, 54 per cent of the 100 firms surveyed by the bank said they planned to add employees in the next year, as opposed to only 14 per cent that said they expected to reduce staff.

After the big downturn, confidence in the economy is increasing, even after a slow December, which saw Canadians lose 2,600 jobs.

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Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

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Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

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Rate Comparison

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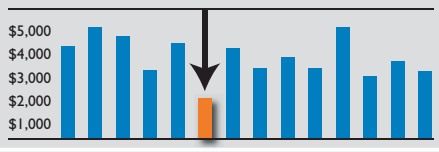

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Five essential tax tips for students

Tax season is around the corner and here are a few things students should know before they dive in:

NEWS CANADA PHOTO

If you're a student, there are a lot of tax credits you can claim.

Tuition Fees and Education Credits:

• Full- and part-time students may claim credits of 15 per cent of their eligible tuition fees. While full-time students may qualify for federal and provincial tax credits, part-time students and students with disabilities may be able to deduct related expenses toward education tax credits. The education tax credit also applies to students who are pursuing career-related, post-secondary education at their own expense.

• Textbook tax credit: Students are eligible to receive a textbook tax credit.

• Full-time student education tax credit: Fifteen per cent of $65 each month.

• Part-time student education tax credit: Part-time student education tax credit: 15 per cent of $20 each month.

RRSPs:

• Students don't have to deduct an RRSP contribution in the year in which it was made. It can be carried forward until the student makes enough money to offset it.

Child Care:

Students may be eligible to claim expenses incurred for child care if:

• They spend at least 12 hours per month in a program lasting at least three consecutive weeks; or,

• Their spouse/common-law partner attends certain schools.

• Housing and Transit:

• Students who live on their own might be eligible to claim the Ontario property tax credit or, if they live in residence, may be able to claim an occupancy cost of $25.

• Full-time students attending a post-secondary institution in Canada, who moved at least 40 kilometres within Canada for employment, may be able to claim some moving expenses.

• Remember, students who purchase transit passes may be able to claim them on their tax return. See cga-ontario.org. for more.

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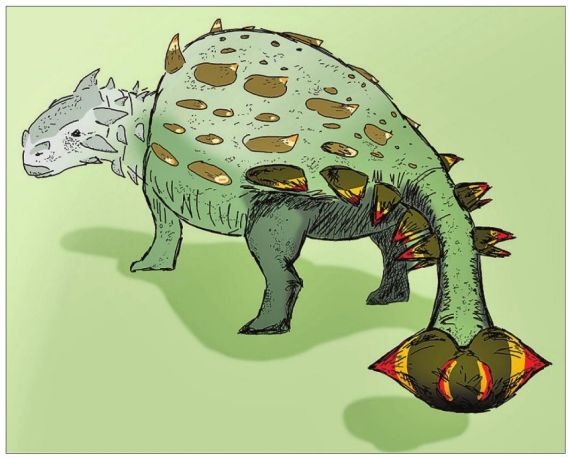
N.L. increases funding to Hiring Apprenticeship Program
On Friday, the Newfoundland and Labrador government announced an additional $1.25-million over a two-year period for the province's Hiring Apprenticeship Program. METRO NEWS SERVICES

Students make dino breakthrough



The newly reclassified Dyoplosaurus dinosaur.

ANDREAS MORSE
for Metro Canada

Three paleontology students from the University of Alberta found enough evidence to support reclassifying a species of anklyosaur dinosaurs — which had been falsely classified for 40 years.

Three paleontology students from the University of Alberta have blown the dust off a 40-year-old falsity, 76 million years in the making.

Victoria Arbour, Michael Burns, and Robin Sissons were on a trip to Toronto's Royal Ontario Museum to study armoured dinosaurs called anklyosaurs when they discovered more than they expected.

Originally discovered in southern Alberta by the late Canadian paleontologist William Parks in 1924, anklyosaurs are an armadillo-like dinosaur about four metres long.

Parks concluded he had discovered a new species of anklyosaur that he named Dyoplosaurus, or double-armoured dinosaur. But in the 1970s a new set of researchers came along and reclassified Park's find as another anklyosaur species called Euoplocephalus.

That reclassification, according to Arbour and her two colleagues, was wrong.

"The differences are subtle so it's not surprising that they were lumped together for a long time," Arbour said.

The students felt that there was enough evidence to support reclassifying the species yet again as Dyoplosaurus.

"What that does is it shows us there were actually more types of armoured dinosaurs living in Alberta than we thought for a very long time," Arbour said. "It's kind of like an old, new discovery."

While it may be an old discovery to some, it's still very exciting for a group of university students.

"We were definitely all very excited," Arbour said. "It was great to able to work together as grad students because this was our first big collaborative paper."

All three students were studying different parts of the dinosaur skeleton, and Sissons' focus was on how the animal got around, looking closely at its foot and limb mechanics.

The toenail on the last digit was the main point of interest for Sissons, and they had quite a different shape to them than the Euoplocephalus.

"The differences had been pointed out by other researchers in the past, but never really considered significant," Sissons said.

"It was only when we looked at them in conjunction with all the other aspects that it added up to make us suspect that this was a different animal, or the same animal it was originally thought to be."

The students' findings were published in the Journal of Vertebrae Paleontology in December.

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Learn to manage your career the right way

As long as I work hard, my career will evolve. My resume is impressive so I will have no problem getting a new job. I shouldn't let others know I'm looking for new opportunities.

These are all statements we have heard made about career management and they are all wrong. Managing your career should be a top priority for anyone who wants to move ahead, but it is important to follow the right advice and not fall victim to the common career management myths below.

Myth: My boss controls my career, not me.

Fact: Building a career is your responsibility, not your employer's. Take control by identifying some short term career goals to act as building blocks to get to your longer term goals. Regularly reassess your goals and realize they can and will change depending on your personal interests and opportunities. Many roles of the future don't exist today, so focus on your own three to five year plan and actively manage your career.

Myth: I scan Monster every day, so I know all the jobs that are available.

Fact: The truth is, 80 per cent of all jobs are found by networking, not through advertisements.

One myth often bandied about is that you don't control your career, your boss does. Keep in mind that building your career is your responsibility, not your employer's.

By building on-going relationships and sharing information with friends and colleagues working in the areas you want to enter or move up in, you will hear about interesting job openings even when you may not be looking.

Myth: Professional advice is only available to senior executives.

Fact: Career management is important at every step of your career. Some programs, like Careego.com, a new online career management portal, provide everyone with the same kind of expert, personalized career information, advice and resources previously only available direct from career management companies.

Whether you are looking for new opportunities at your current place of employment or actively searching for a new job, don't get stuck following the wrong advice. Remember, active career management is the only way you will get where you want to be.

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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Keys to starting over

RAFAEL BRUSILOW
for Metro Canada

Going back to school after you've been in the workforce can feel a little daunting, but with a fresh approach, anyone can make a fresh start.

Jo-Anne Clarke, director of business and professional programs at the University of Calgary, says it's only natural to feel a little anxiety when you're returning to school, but it's important to realize you're starting over with a clean slate.

"I find that students can sometimes carry an old image of who they are as a student," Clarke said.

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom."

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom." Jo-Anne Clarke

Time management is crucial but more important are managed expectations — don't try to do a full course load while running your full-time life because it just won't work and your studies will suffer. Many students start out doing a single course at a time to test the waters and get a sense of how much time and effort they can commit, Clarke says.

"Don't bite off more than you can chew. Students who take on more than they can handle don't enjoy the process and are not as successful. Learning is fun but it is a process; you can't rush it," Clarke said.

If writing was never your biggest strength, Clarke recommends taking a writing skills refresher course to help make further learning much easier, as the writing style you've been using in the workplace likely isn't ideal for school.

Gervan Fearon, dean of The G. Raymond Chang School of Continuing Education at Ryerson University in Toronto, agrees that being realistic about your workload and treating your education like a long-term goal rather than a sprint will give you a better experience overall.

"Look at it like an educational exercise program. If I wanted to run a marathon, I wouldn't just wake up one day and do it; I'd have to train," Fearon said.

A common worry is that students who return to school won't be able to relate to others in the class, but Fearon says the truth is most people in a continuing education classroom — including the instructors — will be in the same situation.

"When you do go back to school, you'll see a lot of individuals that are very much in the same position as you. Many of the instructors also work in the field they teach, so they're sensitive to your reality," Fearon said.

Remember, you're in school to further yourself so enjoy the experience, Fearon says.

"There is a prize at the end — there are significant payoffs in career, earning and to all the people around you. It's an opportunity to grow and be able to contribute more to ourselves, our families and our society," he said.

Time management is crucial for adult students, experts say.

Mature students tend to be more focused, dedicated: Expert

Many mature students are surprised at how receptive younger students are to studying with them.

JON TATTRIE
for Metro Canada

Leaving the workforce to go to college or university can seem financially, academically and emotionally daunting, but tapping into campus resources can ease the transition, experts say.

"They're not going to be alone," said Pamela Hanft, associate vice-president academic at Ontario's Humber College. "We're seeing an increasing number of quite mature students enrolling on a full-time basis."

This year, the college has 1,500 students aged 35 and up, a whopping 60 per cent increase on last year. Hanft attributes the rise to laid-off workers retraining and to government "second career" initiatives. Technically, "mature students" are students older than 19 who have been out of school for more than a year, but Hanft said the challenges those adults who have spent 15 or more years working face are quite different.

If would-be students aren't sure about enrolling full time, she urged them to try an evening class first.

Like other post-secondary institutes, Humber has a special handbook and orientation for mature students covering child care, finances and other concerns older students may have. There are a slew of career-advancement services available to help students pick a path to a successful career.

"When we talk to mature students, there's often an academic concern. They haven't been in school for a while, they think they're rusty," Hanft said. Placement testings for English, math and other courses ensure students start at the right level, and tutoring programs keep mature students on track.

Emotionally, mature learners can be intimidated by the thought of being surrounded by so many young students: Humber's 1,500 older students are surrounded by 18,000 younger students.

But many mature students are "genuinely surprised and pleased" at how receptive younger students are to studying with them, Hanft said.

"The older student brings a general experience of the work world that the younger students are really interested in."

Mature students tend to do well academically, bringing an intense level of focus and dedication that might be missing in their younger colleagues. Sometimes, volunteer or workplace experiences can earn credit at the institutions.

"It's important to look at all the services available and make use of them, because they're paying for them in their tuition and it's very foolish not to avail themselves of things that can make life simpler and make them much more successful."

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Beyond full-time classes

RICHARD WOODBURY
for Metro Canada

For many adults looking to study at university, pursuing full-time studies in the classroom just isn't an option. But evening classes and distance/e-learning are other ways to get that desired degree or diploma.

"It provides an avenue for you to study that you would not have had otherwise because of those other responsibilities you have in your life," says Ann Marie Vaughan, the director of distance education and learning technologies at Memorial University in Newfoundland and Labrador.

These "other responsibilities" include things such as jobs, family life and financial obligations.

Continuing education departments offer different options to meet students' education needs, such as certificates or professional development workshops.

"They can take specific courses that are aimed at giving them practical skills for the jobs they currently have or aspire to," says Betty MacDonald, the director of continuing education at Saint Mary's University in Halifax.

Adults who are looking to earn a degree or diploma don't have to go back to school full-time. Instead, they can learn through evening classes and distance/e-learning.

"(Continuing education) provides an avenue you would not have had otherwise."
Ann Marie Vaughan

Vaughan is a distance learner herself and is pursuing a doctorate in education through a university in Calgary.

"I just find it to be a tremendously rewarding experience to do both, and it was a value that I don't think I fully understood until I became a distance learner," says Vaughan.

Taking individual courses can turn into receiving a full degree.

"There are some ways to be able to move from certificates to diplomas to degrees in the credit-based environment," says Vaughan.

And there isn't any reason for adults to worry their past grades won't get them into university for credit-based studies. The entrance requirements for mature students at most schools are different from those for a student coming fresh out of high school, says MacDonald.

At Saint Mary's, a mature student is defined as anybody who is older than 22 or has been out of high school for five years. Their admission is based on their work and life experiences since leaving school.

How to finance one's studies is a major question for students of all ages. Universities typically have financial aid and awards offices, which help students determine if they qualify for student loans and help steer them towards potential scholarships and bursaries.

"We offer a number of bursaries each year, both in terms of students with financial need and students who are achieving academic excellence or excellence in their areas," says Gervan Fearon, the dean of Ryerson University's G. Raymond Chang School of Continuing Education in Toronto.

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Learning Curve is a special feature that focuses on education and student life.

The thought of going back to school as an adult can be exciting.

Older students have potential

GetSmart

The average person may change jobs 10 times in their lifetime. Whether this change is a result of personal choices or economic restrictions, changing your career direction or path can be a big decision. For adult students, the thought of going back to school can be overwhelming and exhilarating all at the same time. Rest assured that you are not alone.

Post-secondary institutions recognize the potential difficulties students may have and can offer support. Orientation events, workshops, tours and mentoring programs are integral factors that contribute to a smooth transition into school life.

Your institution's student services department can share information with you on programs designed to support adults in their academic aspirations.

Take advantage of these services and let your new focus be your driving force towards succeeding in your goals.

As a motivated mature student, let your life experiences define you as someone your fellow students can look up to. The post-secondary environment is built on mutual sharing of knowledge and perspectives with everyone driven towards their future desires.

Be inspired and be part of the inspiration. Experience education again. It's never too late to expand your mind, and your future.

Jacqueline Hansen is a student ambassador at a post-secondary institution in Toronto.

From networking to terrorism?

RAFAEL BRUSILOW
for Metro Canada

Online social networking sites like Facebook and YouTube can seem like a chaotic flood of uncontrolled information, but what if there is method to all the madness?

One Ryerson researcher believes not only can we eventually find order within all the chaos, but with the right mathematical model, we could one day track where stories start, how they spread and even pinpoint terrorist cells hiding within online social networks.

Anthony Bonato, 38, is a researcher and mathematician at Ryerson University in Toronto fascinated by how information collects, coalesces and spreads throughout online social networks, especially because people use them so extensively. Bonato says about half of all Internet users use social networking sites, a staggering statistic given that five years ago most of them didn't even exist.

"We now have a vast and historically unprecedented amount of social interaction present on these websites. It's a really interesting time to see all these networks emerge. They suggest a new paradigm in the way people interact," Bonato said.

THE ASSOCIATED PRESS FILE PHOTO

Half of all Internet users visit social networking sites.

The immense power of online social networks to collect and spread information quickly was highlighted this past December in a contest organized by DARPA to celebrate the 40th anniversary of the Internet, where teams were tasked with finding 10 large, moored red balloons hidden throughout the entire United States. A team from MIT found all 10 balloons in just nine hours by harnessing online social networks to get tips on the balloons' whereabouts.

By understanding exactly how such networks move information so quickly, governments could use mathematical models to find and track terrorist cells as they communicate with one another, or advertisers could pinpoint the most important users on a network to more efficiently disseminate information about products and services. Bonato says the ultimate goal is to create a single unifying theory of networks — a pipe dream, perhaps, but one that promises plenty of valuable insights along the way regardless.

"What we're hoping to do is to use the graph structure to tell us a little more about the underlying reality of these users and networks. It's beautiful to see the patterns that emerge," Bonato said.

Most intriguing perhaps, Bonato says, is that online networks seem to follow principles similar to those shared by biological networks, suggesting that all networks regardless of where or what they are can be compared on similar lines.

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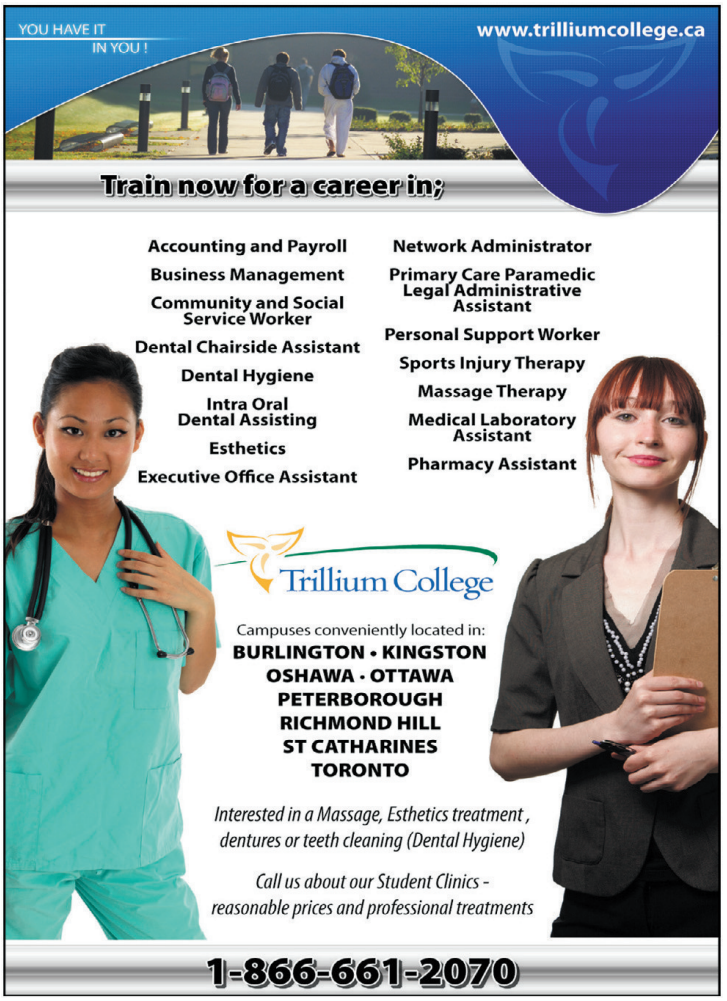

Perfectionism costly: Study

ERIC EMIN WOOD
for Metro Canada

Elementary- and middle-school-aged perfectionists don't perform any better in class than their laid-back peers, according to a York University study.

"People have often equated perfectionism with being gifted, but there's increasing evidence that perfectionism in kids is associated with emotional problems" including anxiety and depression, says the study's co-author, Gordon Flett, a professor of psychology at York. "Comparative studies hadn't really been done until now."

Flett and his colleagues surveyed fouth- and seventh-grade students from three streams — regular, intellectually gifted, and fine arts gifted. (The term "gifted" was defined by the York Region District School Board.)

The researchers measured the students' levels of perfectionism, emotional symptoms such as anxiety and sadness, and obtained test scores, which had been gathered when the students were in grades three and six.

"We found, first of all, that there was no indication gifted kids were more perfectionistic than non-gifted kids," Flett says. "But within each group, those who were higher in perfectionism, especially perceived pressure from others to be perfect, were reporting higher levels of anxiety and sadness."

Flett wasn't surprised by the results, but admits he expected a "performance advantage."

"There was a slight advantage in math, but by and large, perfectionism was not related to higher levels of achievement," he says. "And you had a cost in terms of sadness and anxiety."

Flett likens such students to Brian Johnson, the overachiever played by Anthony Michael Hall in The Breakfast Club. "He admits that he tried to kill himself with a flare gun," Flett says. "When it's at that extreme level, there's a compulsion to achieve, and anything short of it is horrendous.

"You can extrapolate that somebody who persists in their perfectionism, as they make their way through the school system and later in life, could be prone to ever-greater levels of anxiety and sadness."

As for the study's applications, Flett believes there should be an increased focus on mental-health issues in schools.

"There's a lot that can be done to prevent these problems before they escalate into anxiety or depression, or even suicide," he says, "and I think given the sheer volume of kids in need of assistance versus the relatively few resources that are available, we need to start being more proactive."

Perfectionism in kids is associated with emotional problems such as depression and anxiety, according to a recent study.

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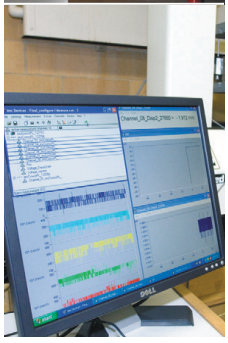
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INFORMATION FEATURE

Grads learn to manage emergencies

Graduates of Sheridan's Emergency Management post-graduate program help in managing emergencies, such as the Sept. 11 terrorist attack on the World Trade Center in New York City, right.

RAFAEL BRUSILOW
for Metro Toronto

Dealing with emergency situations effectively and making sure they don't get worse is not only a crucial skill in today's world — it's a marketable one.

Whether you're already working in the industry or are interested in making a career out of helping people and communities recover from emergencies, the Emergency Management post-graduate program at Sheridan can help you go from the sidelines to a leading role in managing emergencies.

Peter Larsen, co-ordinator of the one-year, post-grad Emergency Management Program at Sheridan, says the goal of the program is to give students the skills and experience to take charge of any emergency situation and understand how to prepare for the inevitable effectively.

GETTY IMAGES FILE PHOTO

"You can't necessarily prevent all emergencies from happening, but you can certainly mitigate and recover from them if you have a plan in place," Larsen said.

Recent emergencies like last year's tornado in Vaughan that cut a swath of destruction through dozens of homes are a perfect example of the kinds of situations where advanced management knowledge and planning are required to deal with an emergency effectively.

A college or university degree is required to enter the program and classes run from September to April. Courses are organized into a flexible system each semester comprising of two online courses, two one-week intensive courses and two regular classes offered at night. Larsen says the compartmentalized course system makes it much easier for students already working in the industry to upgrade their skills while still maintaining their careers.

"We've found that there are a large number of student practitioners who want to beef up their academic side while working," Larsen said.

Case studies and team-based learning are a focus of the program, a crucial feature Larsen says is intended to allow students an opportunity to practice their problem-solving skills while working collaboratively with others. It's an intense, immersive program designed with input from Emergency Management Ontario to ensure students get the best possible educational experience directly suited to the real needs of institutions that manage emergencies.

"The program we have is relatively intensive because it has to be. There's an emphasis placed on teamwork because you can't work in isolation, you have to work with partners," he said.

Students are trained in the five most crucial skills of emergency management: mitigation, preparation, prevention, response and recovery and the instructors at Sheridan bring a wealth of experience and knowledge to the table.

"The faculty teaching the program are well-known in the field, are excellent instructors and have strong academic qualifications as well.

Karen Charles, 53, works for the Canadian Red Cross and was on-site after the 9/11 attacks in New York and the Hurricane Katrina disaster in New Orleans in 2005. She decided to enter the Emergency Management Program several years ago because she wanted to learn how to deal with emergencies on a larger scale.

"Now when I'm out negotiating and talking to external groups and agencies, I have the knowledge and understanding to know what their needs are," Charles said.

For more information, visit sheridanc.on.ca.

Giving birth to new ideas
The Cochrane Collaboration reviewed 21 studies involving 3,706 women and found that lying down significantly delays the process of giving birth. Researchers recommend that women in labour try to find the most comfortable position, other than lying flat. METRO NEWS SERVICES

Health & Beauty

Suspending your beliefs on fitness

TRAINING Still looking for the best way to get fit this January?

If you're up for a challenge, why not try working out while hanging out?

"TRX Suspension Training is exploding on the fitness market," says Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver.

TRX training involves ropes, bands and straps and uses gravity and body weight to get a full workout.

The straps can be attached to a door or any elevated fixture, so it's a go-anywhere workout.

It may be best to sign up for a class, to see if you like it.

TRX training has been called "yoga on ropes" because of the effort involved in staying balanced.

It's a great workout because it provides cardio, flexibility and strength training.

It can be done by people with any level of physical fitness, and experts say you should expect to be sore the day after you work out.

No pain, no gain

The TRX trainer was originally designed by a Navy SEAL trying to slap his squad into better shape.

"Lately, we have seen a huge growth in its use in group fitness classes at fitness facilities worldwide," says Bagshaw. CELIA MILNE/ FOR METRO CANADA

Getting sick no joke

Canadians demanding zero tolerance for hospital infections

CELIA MILNE
for Metro Canada

It's like a sick joke. You go to hospital for care and come out sicker than when you went in. But it's no laughing matter. Each year in Canada, between 8,000 and 12,000 people die of infections they acquired in hospital.

An important new Canadian study provides the first step in changing this grim pattern. A team of researchers at Queen's University in Kingston has proven scientifically that shared hospital rooms are a culprit in spreading superbugs.

"There is a very strong relationship between the number of roommates and the risk of each infection," said Dr. Dick Zoutman, an infection control expert at Kingston General Hospital and one of the authors of the study.

If you share a room with one other patient, your risk of getting a serious infection goes up by 10 per cent. And each roommate added raises your risk by another 10 per cent. So if you have five roommates, your risk of infection is up by 50 per cent, explained Zoutman.

The results were far more dramatic than the scientists expected.

"We found it quite shocking," Zoutman told Metro in a phone interview. "We didn't anticipate it would be that high. We went 'Wow!'"

PHOTOS.COM

Your risk of catching an infection at a hospital increases by 10 per cent for every roommate you have there.

They thought each roommate might boost risk by one per cent.

Over a five-year period, Zoutman and his team studied whether patients in hospital for more than three days developed any of three serious infections. The infections were superbugs methicillin-resistant Staphylococcus aureus (MRSA) and vancomycin-resistant Enterococcus (VRE), as well as Clostridium difficile, which causes diarrhea. These infections can be fatal.

Canadians, he said, are developing zero tolerance for hospital-acquired infection. "They are fed up."

While it may seem obvious that sharing hospital rooms means sharing illness, decision-makers needed proof before changes could be made, said Zoutman.

He added that the results are valuable because policy-makers who decide how hospitals will be designed now have evidence that private rooms are safer.

They can justify spending the extra money.

The current system of dividing patient with curtains does not keep them safe from neighbours' infection.

"It has to be walls," said Zoutman.

Patients should have their own room and their own bathroom.

"The solution is designing safety and quality into hospital systems, so hospitals are safer. We want to have it that you can't transmit infections in hospital. My goal is zero. This is a step in the right direction."

Finances becoming a family affair

The J Spot
Josey Vogels
metronews.ca/thejspot

When my father passed away 15 years ago, my mother didn't even know how to use a bankcard. How times have changed.

According to a recent survey by FindLaw.com, married women between the ages of 18 and 34 today are more likely to know about and manage a couple's finances.

"We found that younger women, in many ways, are the most money-savvy among married couples," said Stephanie Rahlfs, an editor with FindLaw.com, a website that provides information on marriage.

One might argue that this is simply another domestic responsibility women have taken on in order to maintain control. Women today are better educated than previous generations.

I certainly know that when my husband assumed we'd pool our finances when we married almost five years ago, I was just a wee bit taken aback. Okay, I practically snapped his head off at the suggestion. This can become especially acute when the post-Christmas spending hangover creates more than the usual relationship tension around money.

I've since mellowed and recognized the benefits of working together as a team to reach our financial goals and we've found a way of handling our finances that works for us.

Frankly, I couldn't imagine not having a major role in managing our finances as a couple as my mother was. And yes, I do handle our finances for the most part.

Partly because I have been handling my own finances since I was 18 and partly because, oh hell, okay, I'm a bit of a control freak … and he wouldn't do it right anyway.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Movie characters not role models: Study

Characters in children's movies are wising up about personal safety, increasingly using seat belts, bike helmets and crosswalks, but many still aren't ideal role models, a U.S. government study found. THE ASSOCIATED PRESS

How to manage your headaches

HEALTH Not all of us experience pain the same way. In fact, there is research that shows there may be differences in the way men and women experience and manage certain types of pain, like headache.

The Tylenol Canadian Pain Survey looked at how men and women report and cope with headache and finds that women report experiencing headaches more often than men, and that they experience somewhat more pain than men.

Relief comes in many forms.

Dr. Gary Shapero, a family physician with a special interest in headache and pain management, offers tips on preventing headache.

- Avoid headache triggers like excessive alcohol, irregular sleeping and eating patterns and increased stress.
- Manage your minor aches and pains by getting plenty of rest, using over-the-counter options, turning to heat or cold therapy when appropriate.
- Keep your stress level low by staying organized.

NEWS CANADA

Here's to your health

Red wine, chocolate continue to show good properties

Did you know that every part of your body responds favourably to the gifts of wine and chocolate?

"Red wine, with its concentration of polyphenois properties, is reputed to have anti-clotting, antioxidant, and relaxing benefit," says David Long of the Canadian Craft Winemakers Association (CCWA), an organization that supports professional techniques for making wine at home.

"At spas all over the world, Valentine sweethearts are trying such stimulating treatments as "red wine body buffs", "berry wine pedicures", and "flavanoid facial peels."

And as you might have guessed, the properties of dark chocolate are similar to wine and deliver beneficial treatment to the skin as well.

"Cocoa's antioxidant compounds also stimulate healthy activity."

Long continued, "although it should be said that smearing chocolate all over one's body must pose quite a challenge to the nose and taste buds."

Even so, you and your Valentine can now get a chocolate massage, chocolate facial, chocolate pedicure and more — and if that's not enough, you can also bring home chocolate lip balm, chocolate soap and chocolate massage oil.

And, Long adds: "You can also get what we call 'chocolate in a bottle.' Why resist the taste of such pleasures when in the past few years, the consumer-made wine industry has evolved into such luxurious dessert wines as dark Chocolate Raspberry or Chocolate Orange Port? These flavours are so seductive they are ideal for the finale of any Valentine meal."

Chocolate varieties are often a 'limited release' but the kits and store locations are worth looking for at winemadesimple.ca.

NEWS CANADA

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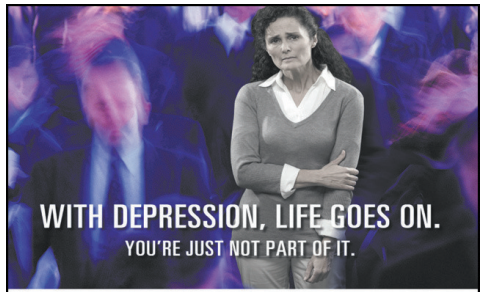

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Calorie stats often wrong, says new study

HEALTH Dieters can't believe everything they read: The food at many popular chain restaurants and in the freezer section of the supermarket may contain a lot more calories than advertised.

A U.S. study of 10 chain restaurants, including Wendy's and Ruby Tuesday, found that the number of calories in 29 meals or other menu items was an average of 18 per cent higher than listed.

And frozen supermarket meals from Lean Cuisine, Weight Watchers, Healthy-Choice and South Beach Living had eight per cent more calories than the labels said, according to the study, published in this month's Journal of the American Dietetic Association.

The researchers and other experts aren't accusing restaurants and food companies of trying to deceive customers. For example, someone might have put too much mayonnaise on one sandwich.

Marion Nestle, a professor of nutrition at New York University who was not involved in the study, said she was not surprised by the findings. People might think nutrition labels are scientifically precise, but they are mostly ballpark figures, she said.

THE ASSOCIATED PRESS

Campbell offers gluten-free
To meet the needs of those with gluten-sensitivity issues, Campbell Company of Canada introduced 13 gluten-free soups and broth this month. These new products can be easily spotted with their prominent 'gluten-free' labels located beside the item's nutrition panel. METRO NEWS SERVICES

Food

A good year for wine

Vintners and analysts predict that 2010 will be a very good year for wine lovers. Everybody is looking for a deal and I think that mentality is going to persist. We still have the '05 and the '06 vintages in the pipeline and that's a lot of wine," says Eric Titus, partner in Titus Vineyards in the Napa Valley. He also expects 2010 to be a better year for premium wine. "There's cautious optimism." No question 2009 was a tough year, especially for people making wines priced at $20 a bottle and over. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Golden, puffed perfection

Spinach and Parmesan Soufflés

SERVES 4

INGREDIENTS:
- 2 tsp (10 mL) soft butter
- 1 lb (500 g) young spinach
- 1 slice white bread, crusts removed
- 2/3 cup (150 mL) sour cream
- 5 eggs, separated
- 1/2 cup (125 mL) grated Parmesan cheese
- Freshly grated nutmeg, to taste

METHOD:

1. Preheat oven to 425°F (220°C). Lightly butter inside of four 1-cup (250-mL) ovenproof dishes. Tip washed spinach into dry pot with moisture left on leaves and stir over low heat until wilted. Leave to drain.

2. Process bread in blender to make fine crumbs. Add spinach to crumbs with half the sour cream and process for coarse purée. Add remaining sour cream and process until combined.

3. Add egg yolks to food processor with 3 Tbsp (45 mL) of grated Parmesan cheese. Season and add plenty of nutmeg, then process again to make smooth purée.

4. Whisk egg whites in large bowl until stiff. Tip spinach mixture onto egg whites and carefully fold with large metal spoon. Sprinkle half of remaining Parmesan inside prepared dishes and set on baking sheet. Spoon soufflé mixture into dishes. Sprinkle with remaining Parmesan, then bake 15 minutes or until puffed and golden brown. Serve immediately.

Above: Spinach an Parmesan Soufflés.

Passion Fruit and Honey Zabaglione.

Passion Fruit and Honey Zabaglione

SERVES 4

INGREDIENTS:
- 4 ripe passion fruits
- 3 Tbsp (45 mL) clear honey
- 4 large egg yolks
- 2 tsp (10 mL) lemon juice

METHOD

1. Cut each fruit in half and scoop out pulp and seeds into sieve set over large heatproof bowl. Sieve fruit thoroughly, then trickle 1 Tbsp (15 mL) boiling water over seed mixture in sieve and scrape again with spoon. Scrape any pulp from underneath sieve into bowl too. Discard seeds.

2. Half-fill pot with boiling water and heat to simmering point. Put honey, egg yolks and lemon juice into bowl with passion fruit juice and whisk well with electric mixer. Set bowl over pot of hot water and continue to whisk until mixture is pale and thick, and holds trail when beaters are lifted out. This takes about 10 minutes. Keep water barely simmering – do not let it bubble too fiercely or eggs will cook and separate.

3. Remove bowl from pot and continue to whisk 1 minute. Spoon, ladle or pour mixture into four small glasses. Serve immediately.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Budget bottles

Whoever said "life's too short to drink cheap wine" never received one of my post-holiday credit card bills. While my neighbour is having issues letting go of his outdoor light display; Christmas is over and the reality of how much I spent is starting to sink in fast.

It seems to be the same for most of you because my email in-box is full of requests for budget conscious bottles that can deliver the goods without costing a small fortune.

Thanks to an ugly exchange rate, Californian wines have historically been higher-priced here in Canada. Things have been balancing out over the last few years and there are tasty deals to be had from The Golden State.

Though blended from different vintages, the wines from Barefoot Cellars are all decent drops with the **Sauvignon Blanc** ($9.95 - $11.99) getting my vote for one of the smoothest, freshest whites under $12. It's a great match for salads, seafood and dishes with a bit of heat.

Over in Italy, **Farnese's 2008 Sangiovese** ($7.55 - $10.99) is a steal from the Farneto Valley in Abruzzi. Full of ripe cherry, plum and cedar wood, it's a price-fighting red perfect with rigatoni and mushroom topped pizza.

Top food trends of the decade

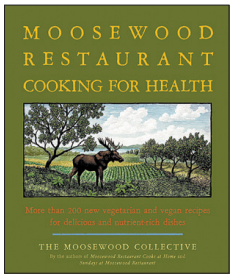
The Food Channel has compiled a list of the top food trend in the past decade. They include: Sushi, bacon, cupcakes, slides, gourmet burgers made with Kobe or Angus beef, superfruits such as pomegranate and oils such as olive and truffle. METRO NEWS SERVICES

Clean up your diet

The latest healthy-eating, better-living cookbook selection

Right about now you're probably thinking about those resolutions vowing to eat better, cook more and shed the holiday pounds.

To help you get started — and spend that gift card from your mother-in-law — here's the latest healthy-eating, better-living cookbooks.



• Moosewood Restaurant Cooking For Health: The latest instalment from the Moosewood Collective, offers more than 200 creative, easy-to-prepare vegetarian and vegan recipes. Greek-tomato yogurt soup delivers a tasty, tangy take on ordinary tomato soup and packs a big calcium and lycopene punch in just 30 minutes. Four stovetop tofus — including pomegranate-glazed and tropical lime — make creative use of the potentially boring staple. Love the info on calories, carbs, protein and other nutrients with each recipe.

• Eating Well: 500-Calorie Dinners: This book screams "New Year's resolution." Part cookbook, part cheerleader, the book combines a seven-step weight-loss plan with meals that clock in at 500 calories or less. Dishes such as broccoli and goat cheese souffle and mini meat loaves take the guesswork out of portion control by being prepared in individual servings. Recipes abound for shrimp and scallops. There's also lamb chops, steak with Gorgonzola and caramelized onions, and mozzarella-stuffed turkey burgers. And who knew hot fudge pudding cake could have only 142 calories?

• The Kind Diet: Actress Alicia Silverstone promises to help you feel great, lose weight and save the planet. Silverstone pairs arguments for veganism with pictures of cute chicks (the poultry sort) and piggies, and wraps up with recipes for dishes such as radicchio pizza with truffle oil, pecan-crusted seitan and egg salad sandwiches made of tofu.

• Clean Food: Written by Terry Walters, this book is designed to help you adjust your lifestyle, changing not just what you eat, but how and when you eat, and the way you think about it. More than 200 recipes organized according to season make use of whole grains, legumes, sea vegetables, nuts, seeds and seasonal produce in healthful and innovative ways.

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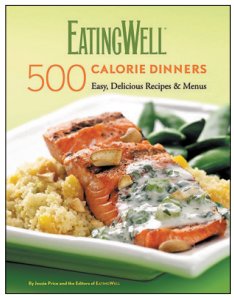

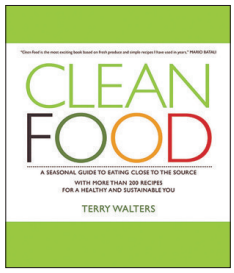

Don't get tempted to fall back into last year's routine of high calorie fast foods. Start off your new year with a new set of healthy cookbooks that will inspire easy-to-prepare foods and better eating habits.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

The Accidental Wine Company buys blemished, but otherwise undamaged, wine bottles and resell the contents over the Internet for about half the price.

Wine retailer benefits from 'blemished' bottles

BUSINESS Accidents happen, the people at the Accidental Wine Company like to say. Good thing for them that they do, too, or the Accidental Wine Company would be out of business.

Every time a delivery person, a vintner or wine distributor drops a case of wine and one bottle breaks, staining all the others, the sound heard in the minds of the people at Accidental Wine is not that of glass shattering. It's more like the "ka-ching" of a cash register going off.

Accidental Wine rushes in and buys up the remaining blemished but otherwise unbroken bottles that a retailer won't touch. Then it resells them over the Internet for a third to half off the price.

"We never know when an accident's going to happen," says Janice Lee, who carries the dual titles marketing director and master imbiber with the company she helped found two years ago. "We never know what quantity we're going to get."

But get them Accidental Wine does. Everything from France's most famous Bordeaux wines, which can go for hundreds of dollars a bottle, to acclaimed vintages from California's Napa Valley, to more modestly priced but still enjoyable selections from places like Australia, New Zealand and Chile.

That's because, as David Forbes, the company's chief executive officer and grape wrangler, likes to say: "The expensive bottles break just as easily as the cheap ones."

Indeed, sometimes they don't even have to break.

For instance, an Argentinian winemaker produced 150 cases of a pinot noir before noticing someone had spelled it Pinor Noir on all the labels. Bob Castellani, president of importer-distributor Specialty Cellars quickly put in a call to Accidental Wine, which scooped up the bottles and resold them, with a note to consumers that it really was pinot noir they were getting.

"It worked for them, it worked for us and it certainly worked for their clients, who got some great deals," Castellani said of Accidental. The company, he added, is the only one he knows of in its niche market.

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Life is like...

• Because Accidental Wine Company, like Forrest Gump with his box of chocolates, never knows what it is going to get, consumers who buy through its website can't order specific brands of wine. But they can specify what kind of wine they want, a chardonnay, for example, or a merlot. For more information, visit accidentalwine.com.

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jessica@bigcoatproductions.com for more information!

Mel B hosting dance show
It was announced Sunday at the Television Critics' Association conference that Dance Your Ass Off will get a little spicier when former Spice Girl Mel B takes over as host, replacing Marissa Jaret Winokur, for the show's second season. METRO NEWS SERVICES

Entertainment

Ticket to Oprah
The February issue of O features a "golden ticket" sweepstakes for an expenses-paid weekend in New York to commemorate the 10th anniversary of the magazine and meet Oprah Winfrey. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

It's game over for Owen Pallett

Polaris Music Prize winner retires Final Fantasy name

CAM LINDSAY
for Metro Canada

With less than a month to go before he released his highly anticipated third album, Toronto musician Owen Pallett surprised many when he abandoned his musical moniker, Final Fantasy.

Anyone aware of the famous video game of the same name was wondering when that day would come, including Pallett himself. In December he gave in and retired the name.

"(The game's developer Square Enix) were OK with me using it but basically what it came down to was they had to legally step in and say something because that's how trademark laws work," Pallett tells Metro in a recent interview from Brooklyn on a recent Saturday morning.

Owen Pallett's Heartland is available today

The name change means his new album Heartland will be credited to Owen Pallett. However, that wasn't his first choice.

"I had a secondary band name in mind," he explains. "But, when the day came, I couldn't bite the bullet and say, 'I'm gonna change my name to this.' The record was about to come out and I was like, 'It's too much, it's too soon!'"

The name, in case you're wondering, was Skylord. "I thought it was a great band name," he explains, "but you can't just change your name to Skylord right before your album comes out." He's got a point.

Heartland is the new album from Polaris Music Prize winner Owen Pallett, formerly Final Fantasy.

Pallett won the inaugural Polaris Music Prize in 2006 for his second album, He Poos Clouds, but don't be surprised if Heartland is the frontrunner for the Prize once again in September. Pallett has created a dense and absorbing epic filled with obscure poetry and grandiose orchestration.

"I wanted to make an album where I could play all these songs live using my looping rig," he explains. "I also wanted it to be this orchestral score that I could put in front of an orchestra and just have them go to it."

Within the intricate arrangements also lies an endearing bit of prose.

"This record has this highfalutin concept attached to it, but it's really not meant to be high concept. It's just a record about a relationship sung from the perspective of the sweetheart, and in this case that's a farmer named Lewis who is singing songs to me, who is the one singing the song," he says with a giggle.

"(Lewis) isn't meant to be a metaphor for anything, he's more of a composite of these things that I'm interested in," he adds. "Like in the same way somebody else likes to sing about fat bottomed girls, I'm singing about a sexy farmer."

"I wanted to make an album where I could play all these songs live using my looping rig. I also wanted it to be this orchestral score that I could put in front of an orchestra and just have them go to it." Owen Pallett

In concert
- Owen Pallett plays the Mod Club in Toronto tonight.

DVD picks

The Hurt Locker
Director: Kathryn Bigelow

JUST WHEN YOU think the battle of Iraq war dramas has been fought and lost, along comes one that demands to be seen — if you can handle the raging adrenaline.

Kathryn Bigelow's latest testosterone drama strips the Iraqi conflict of politics and brings it right down to the garbage-strewn pavement, where lives are saved through skill and nerve but lost through bad luck and malevolence.

The film follows the men of Bravo Company, the elite U.S. army unit tasked with defusing bombs left on Baghdad streets by increasingly violent and determined insurgents.

The bomb-removal boys have robots and shrapnel-resistant suits at their disposal, but they can't stop every blast — as we see with devastating impact early on.

The job ultimately comes down to playing hunches, keeping your cool and staying ever vigilant. If the IED (improvised explosive device) doesn't get you, the sniper hiding on a nearby rooftop just might.

Gutsy and gung-ho but new to Bravo is a sergeant named James (Jeremy Renner, in a breakout role), a reckless cowboy who has disarmed 873 bombs but is one short fuse away from being blown to kingdom come. He reminds himself of this with a collection of detonators he keeps under his bed.

His subordinates Sanborn (Anthony Mackie) and Eldridge (Brian Geraghty) are shocked by his methods and not shy about saying so, but are loyal to task and team. This is no message movie, yet insights abound.

Bigelow knows the male mind and she's an ace at action, as she's demonstrated before in films like Point Break and Strange Days. Now she can add titan of suspense to her laurels — and there's strong buzz for Oscar nominations, including Best Picture and Best Director.

If you can sit through The Hurt Locker without your heart nearly pounding through your chest, you must be made of granite. Peter Howell/for Metro Canada

On the web
- To read our review of the movie Moon, visit metronews.ca/movies.

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Gibson feels sorry for Woods
Mel Gibson is teed off over the treatment of disgraced golfer Tiger Woods. "I feel sorry for Tiger Woods," the actor, 54, tells Britain's Daily Mail. "Why are we talking about this when we're sending 30,000 more troops to Afghanistan?" USMAGAZINE.COM

That '70s Show star Mila Kunis joins Denzel Washington in The Book of Eli.

Mila's mature act

Actress opts for serious role in Book of Eli

STEVE GOW
for Metro Canada

With her latest movie, Mila Kunis may finally fulfill her destiny.

Having begun acting professionally at age nine, the Ukraine-born beauty rose to fame playing goofy comedy on television's That '70s Show. Now with the dystopian drama The Book of Eli, she shares company with such an esteemed thespian as Denzel Washington — a step in the right direction.

"He's a very powerful man," said Kunis during a recent interview. "At this point in my career I like to work with people that I admire and people I respect and can learn from and an opportunity to work with Denzel Washington, you can't really pass it up."

In the movie, Kunis joins Washington as a post-apocalyptic survivor protecting a sacred book as he seeks to fulfill its destiny in the West. It's a much more mature role for Kunis who, until relatively recently, didn't take her job seriously.

"It was just a conscious decision that this is what I want to do with my life," said Kunis. "I looked at it as something fun. I worked because I was able to work and then when I was twenty I was like, 'OK, this is going to be my career so I'm going to make smart choices and I'm going to go about it as a career versus just a fun thing on the side.'"

While she admits luck had a lot to do with her success, Kunis selects her parts more carefully now but she remains self-effacing when it comes to being realistic about the nature of showbiz.

"I'd like to think I could do it for the rest of my life but tomorrow nobody might want to hire me and that'd be the end of it."

In the meantime, audiences will see Kunis in The Book of Eli (hitting theatres Friday) as well as two other films releasing this year.

Plus, fans can always catch her voicing the animated character of Meg on TV's The Family Guy — perhaps surprisingly her most famous role.

"If I open my mouth and I'm in public, that's all it takes," laughed Kunis. "If I be quiet, I'm OK. It's just when I talk that people are like, 'Hey, it's Meg!'"

"An opportunity to work with Denzel Washington, you can't really pass it up."
Mila Kunis

The Book of Eli hits theatres Friday

Cowell leaving Idol

TELEVISION Simon Cowell, the acerbic Brit who has helped give American Idol some of its sharpest — and nastiest — moments, will leave the popular singing show after this season.

The cantankerous judge said The X Factor, a show he created and is a hit in Britain, will join Fox's schedule next year. Cowell will be on The X Factor.

Cowell's decision is the biggest threat yet to what has been the country's most popular TV program and a true cultural force. This season, original host Paula Abdul has been replaced by Ellen DeGeneres.

But Cowell, with his caustic commentary, has long been seen as the big star of Idol.

He said it would have been difficult for him to do both shows. While he makes a reported $36 million US a year to be on American Idol, he owns The X Factor and could make much more if the show takes off.

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Sundance jurors named
Parker Posey, author Russell Banks and filmmakers Karyn Kusama and Morgan Spurlock are among the jurors for this month's Sundance Film Festival. The festival for independent film runs Jan. 21-31 in Park City, Utah. METRO NEWS SERVICES

Some see racist undertone in Avatar

Near the end of the hit film Avatar, the villain snarls at the hero, "How does it feel to betray your own race?" Both men are white — although the hero is inhabiting a blue-skinned, 9-foot-tall, long-tailed alien.

Strange as it may seem for a film that pits greedy, immoral humans against noble denizens of a far-away moon, Avatar is being criticized by a small but vocal group of people who allege it contains racist themes — the white hero once again saving the primitive natives.

Since the film opened to widespread critical acclaim three weeks ago, hundreds of blog posts, newspaper articles, tweets and YouTube videos have said things such as the film is "a fantasy about race told from the point of view of white people."

Robinne Lee, an actress in such recent films as Seven Pounds and Hotel for Dogs, said that Avatar was "beautiful" and that she understood the economic logic of casting a white lead if most of the audience is white.

But she said the film still reminded her of Hollywood's Pocahontas story — "the Indian woman leads the white man into the wilderness, and he learns the way of the people and becomes the saviour."

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Jackson theme park in the works: Report

Michael Jackson is set to get the amusement park he always dreamed of. Developers are reportedly at work on a park containing a replica of his Neverland Ranch that will open in his native Gary, Ind., according to the Daily Mirror. METRO WORLD NEWS

Barbara Walters says NBC tried to recruit her last year

TELEVISION Barbara Walters says NBC News tried to hire her back last June, but she decided to stay at ABC.

Walters says she met with NBC Universal chief executive Jeff Zucker and other officials, but chose not to go because she's been happy at ABC.

The 80-year-old journalist said yesterday on The View that with the emphasis on the 18-to-49 age group for advertising, "It was a very flattering offer." Says Walters: "So I just want to say that in spite of the fact it is young, young, they did make me this offer and now I can publicly thank them." THE ASSOCIATED PRESS

Entertainment in brief

MOVIES The sci-fi tales Avatar and Star Trek, the comedy The Hangover and the recession-era story Up in the Air are among nominees for best screenplay from the Writers Guild of America. Avatar and The Hangover' were nominated yesterday for original screenplay, along with the Iraq War saga The Hurt Locker, the romance (500) Days of Summer and the 1960s comic drama A Serious Man. Up in the Air and Star Trek are competing for adapted screenplay. THE ASSOCIATED PRESS

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NBC's late-night mess

Television's late-night drama now shifts to Conan O'Brien's state of mind: Would he be happy to again have the after-midnight spot on NBC or could he find a comfortable home at Fox an hour earlier?

O'Brien's decision is key to whether NBC's fragile compromise plan to mollify angry affiliates and return Jay Leno to his old 11:35 p.m. time slot will work. NBC confirmed it wants Leno to do a half hour show, with O'Brien to follow at 12:05 a.m. EST under the Tonight show banner.

Fox has expressed some interest in O'Brien and could offer him a show that starts at 11 p.m. EST.

O'Brien had waited five years after being promised the Tonight show and its time slot after the late local news, moving his family and staff from New York to California. That chance lasted half a year. A spokeswoman for O'Brien did not immediately return a request for comment yesterday.

NBC Universal Television Entertainment Chairman Jeff Gaspin said he had given Leno, O'Brien and Jimmy Fallon (whose show would start at 1:05 a.m.) the weekend to think about the plan.

"I would love the three of them to stay at NBC," Gaspin said. Gaspin said he was forced to make the move because Leno's low ratings at 10 p.m. were subsequently hurting the ratings of local affiliates for their late news, costing significant advertising revenue. Some were even threatening to take Leno's show off the air and run their own programming.

O'Brien's run at Tonight hasn't been particularly successful. NBC's ratings have dropped dramatically since the time Leno was the host, and O'Brien has fallen behind CBS' David Letterman. NBC has said it was satisfied because O'Brien was doing fairly well among a youthful audience that is more valuable to advertisers.

Fox could potentially offer an 11 p.m. time slot, giving O'Brien the jump on both Leno and Letterman.

That's where Arsenio Hall thrived — briefly — with a syndicated talk show that aired mostly on Fox stations from 1989 to 1994. In O'Brien's favour: He attracts a younger audience, which Fox seeks.

Fox would likely have to persuade its local affiliates to give the network an 11 p.m. slot. The affiliates are now in control of that hour and all its advertising revenue, and many do fairly well in the ratings with reruns of old sitcoms.

There would also have to be complicated contractual issues worked out with NBC. THE ASSOCIATED PRESS

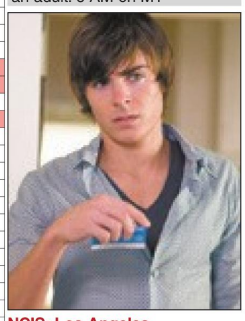
The Canadian Connection

• Canadian TV networks are staying mum on how they plan to fill the void left by the cancellation of Jay Leno's prime-time talk show. That leaves a hole in the lineup for Citytv, which currently airs The Jay Leno Show five nights a week. An executive at Rogers Media Television said in a statement that the network was disappointed by the news and would announce scheduling plans very shortly. NBC reportedly wants to move Leno to 11:35 p.m., which would bump The Tonight Show with Conan O'Brien and Late Night with Jimmy Fallon — both of which air on the CTV-owned A channel — back a half hour each. THE CANADIAN PRESS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/12/10	265	353	2	TVO	Great Canadian Parks		The Agenda With Steve Paikin		Criminal Justice (N)		Story of Maths		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Flesh and Blood"		NCIS: Los Angeles (N)		The Good Wife (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser Dr. Huizenga delivers sobering news.				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol The audition process begins in Boston. (N)				Law & Order: Special Victims		CTV News
	218	345	11	CHCH	*The Neverending Story* ★★★ (1984, Fantasy) Barret Oliver.				*Kiss the Girls* ★★ (1997, Suspense) Morgan Freeman.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	The Insider (N)	George Lopez	*The Darklings* ★★ (1999, Mystery) Ryan de Boer.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Flesh and Blood"		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser Dr. Huizenga delivers sobering news.				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Scrubs	Better Off Ted	Scrubs	Better Off Ted	the forgotten (HDTV) (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	*The Matrix Reloaded* ★★★ (2003, Science Fiction) Keanu Reeves, Carrie-Anne Moss.						A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol The audition process begins in Boston. (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	Nova (HDTV) (N)		Knut and Friends (DVS)			Heart Healthy Yoga: Yoga	
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "Canon"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Coca-Cola: The Real Story		The NEW Age of Wal-Mart		Porn: Business of Pleasure		Mad Money
sports	405	417	22	net	NHL Hockey Carolina Hurricanes at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey New Jersey Devils at New York Rangers. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz (N)	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Dine With Me	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Beauty
	570	580	29	MM	Gossip Girl		Love Court	My Date With...	Degrassi: TNG	Degrassi: TNG	disBAND	Love Court	MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal State (N)		Ghost Stories
	700	800	35	TLN	Centrovetrine	Sky TG 24	Magnifica Italia	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	616	521	39	SHO	Relic Hunter		*I Know What I Saw* (2007, Suspense) Beverley Mitchell.				Drop Dead Diva (N)		NCIS
	620	523	40	BVO	Ferron: Girl on a Road		Live at the Rehearsal Hall		Liza With a Z: Concert		Bravonews	Side-Dick Dale	Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Alamo* ★★ (2004, War), Jason Patric		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*The Cookout* ★ (2004, Comedy) Ja Rule, Tim Meadows.				Monica: Still	Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost		Medium "Baby Fever"		Fringe		Stargate SG-1
	581	566	52	MTV	Peak Season	After	Cribs	Parent Control	16 and Pregnant "Maci"		Teen Mom (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)		The F Word (N)		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Benmergui-lsr	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case "Committed"		Missing "Pilot"		The Closer		Cold Case "Committed"		Psychic Inv.
	300	601	301	M1	(7:15) *17 Again* ★★ (2009, Comedy) Zac Efron.				*Gran Torino* ★★★ (2008, Drama) Clint Eastwood.				*Cloverfield*
	305	612	306	PIX	*Down to Earth*	(7:20) *The Fourth Angel* ★★ (2001)			*Bridget Jones's Diary* ★★★ (2001)			*Bridget Jones: Edge*	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill "Hard Rock"		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	*Return to Fantasy Island*		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Hollywood Sugar Mamas		FashionTele	RAW	Canada's Next Top Model		America's Next Top Model		Pretty Wicked

critics' corner

17 Again
The concept of someone returning to his or her youth has gotten many movie workouts, and this reasonably amusing variation casts "High School Musical" idol Zac Efron as the younger incarnation of a man — played by Matthew Perry — who isn't satisfied with the way his life has turned out. Suddenly he's young again, and he struggles to readjust to high-school life knowing all he's learned as an adult. 6 AM on M1



NCIS: Los Angeles
The murder of a recently released convict forces Callen to go undercover using an old alias, while Sam and the team track him from a distance in the new episode "Past Lives." 9 PM on GTV CBS

The Good Wife
After a popular high-school quarterback dies of an overdose of painkillers, Alicia represents the physician who prescribed the medication. At home, Alicia and the kids deal with some bad news, and she sets Peter's blood boiling in the new episode "Painkiller." 10 PM on GTV CBS

America's Got Talent adds Howie

REALITY TV Howie Mandel is replacing David Hasselhoff as one of the judges on NBC's America's Got Talent.

NBC executives confirmed the move Sunday. Mandel, who has been host of NBC's Deal or No Deal, will be teamed with returning hosts Sharon Osbourne and Piers Morgan.

Lautner going to the Golden Globes

AWARDS A werewolf is coming to the Golden Globe Awards.

Twilight star Taylor Lautner will be among the presenters at Sunday's ceremony, along with Milk star Josh Brolin and Saturday Night Live alum Amy Poehler. Ricky Gervais will host the 67th annual awards, which will be presented at the Beverly Hilton Hotel. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Pussycat on the prowl
Pussycat Dolls singer Nicole Scherzinger is single again, usmagazine.com reports. She and 2008 Formula 1 world champion Lewis Hamilton have announced that they have split after two years. METRO NEWS SERVICES

Celebrity Buzz

Is Nightingale her last name?

Rihanna seeks a potential bone marrow donor for athlete

R&B'S FLORENCE NIGHTINGALE IN SHINING ARMOUR Rihanna is seeking a donor for an Olympic hopeful battling leukemia, female-first.co.uk reports.

The singer — who received a touching letter from 26-year-old Seun Adebiyi, a Nigerian athlete who had hoped to compete in the 2014 Winter Games in skeleton sledding, but was diagnosed with Leukemia during training — has promised to do everything she can to raise awareness of his condition and find him a bone marrow donor.

"Leukemia interrupted Seun's dream of being the first Nigerian in the Winter Olympics, but together we can help him make his dream come true.

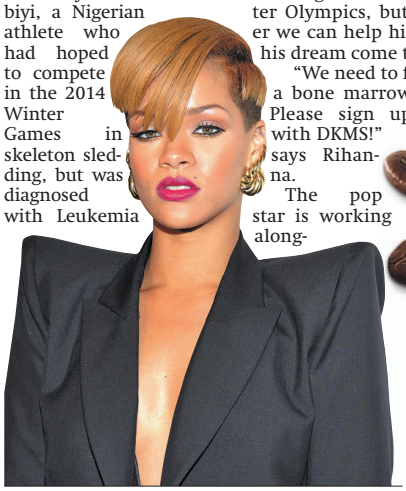
"We need to find him a bone marrow donor! Please sign up with DKMS!" says Rihanna.

The pop star is working alongside Grey's Anatomy actor Justin Chambers in asking potential bone marrow donors to come forward and help save the life of the Yale Law School graduate.

Seun is astonished both Rihanna and Justin have taken the time to help him.

"I am deeply touched by their plea for donors, not just for me, but for others as well. Their voices are so powerful and it encourages me how they used their influence to raise awareness about this important issue. That was incredible," he says.

Rihanna previously made successful public pleas both last year and in 2008 to help six-year-old Jasmina Anema and 43-year-old Lisa Flynn find bone marrow transplants. METRO NEWS SERVICES



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Valid only at participating Second Cup locations from January 12 to January 15, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

Tila Tequila denied graveside?

NO FOND FAREWELL Tila Tequila has not been invited to her purported fiancé Casey Johnson's funeral, set for this week, usmagazine.com reports.

Over the weekend, Tila told E! News, "I don't want to talk about the funeral. I wasn't allowed to go, and I am so upset. I can't sleep, and I am on suicide watch."

Tequila has been engaged in a war of words with friends of Johnson, who accuse the reality star of using the baby-oil heiress for media attention.

METRO NEWS SERVICES

If you treat your boss to a better cup of coffee
are you still late?
Use the coupon above to find out.
SECOND CUP

Celeb mistresses, unite!

HI. MY NAME IS SARAH AND I'M A MISTRESS Gordon Ramsey's alleged former mistress, Sarah Symonds, has been reaching out to Jamie Jungers, one of Tiger Woods' self-proclaimed other women, in an effort to help other women like them, Symonds tells Page Six.

"I run a group called Mistresses Anonymous. It's the only support group for women who are in bad relationships with married men. I have been talking to Jamie about getting her involved," she says.

"Ideally what I'd like to do is a TV special with all of Tiger's mistresses, where they could discuss the downside to being 'the other woman,' and whether he was good in bed."

METRO WORLD NEWS

Marriage is one option

BUT ONLY FOOLS RUSH IN Carmen Electra is in no rush to get married, female-first.co.uk reports. The former Baywatch actress has been engaged to Otep rocker Rob Patterson for almost two years but still has no plans to set a wedding date.

"We're happy the way things are. We're not really putting that added, extra pressure on the relationship," she said.

Although Electra, 37, is no hurry to walk down the aisle with the former Korn rocker, the brunette beauty insists a wedding could still happen one day. She added, "It's possible. If we decide that, then we will get married, but we're just happy being together.'

Electra has been married twice before. She tied the knot in Las Vegas with controversial basketball star Dennis Rodman in 1998 before splitting soon after. In November 2003, she wed Jane's Addiction guitarist Dave Navarro, but they divorced in February 2007. METRO WORLD NEWS

Conan, master of his fate

NO ONE TO BLAME BUT YOURSELF Jerry Seinfeld has some advice for Conan O'Brien: Don't even think about complaining, big guy, popeater.com reports. He says the newbie Tonight Show host hasn't been held back by the network, which announced over the weekend it will be bringing Jay Leno back to 11:35 p.m.

"What did the network do to Conan?" Seinfeld asked at the TV Critics Association on Sunday. "I don't think anyone's preventing people from watching Conan. Once they give you the cameras, it's on you. I can't blame NBC for having to move things around. I hope Conan stays, I think he's terrific. But there's no rules in show business."

METRO NEWS SERVICES

Lohan can't get (use?) a break

(UN)LUCK BE A LADY Lindsay Lohan is having more car trouble, only this time she wasn't the one driving. The actress' BMW reportedly struck a photographer early Sunday morning while pulling away from the Hotel Cafe nightclub, according to TMZ.

Lohan was reportedly a passenger at the time, and it was her assistant that reported the incident. The photographer was not taken to the hospital, but he is reportedly threatening to sue Lohan.

METRO WORLD NEWS

It's been a hard day's night

FREE AS A BIRD Heather Mills says that she's moved on two years after divorcing Paul McCartney.

"It was the toughest thing I've ever been through in my life. Losing a leg was a billion times easier. That was just physical pain," Mills, who is currently appearing on Britain's Dancing on Ice reality show, tells the Daily Mirror.

"Afterwards I was single for two years. Then I met a wonderful man, who I never talk about. But I don't think I would marry again. I don't think its worked for me." METRO WORLD NEWS

Celebrity tweets METRO WORLD NEWS

Katy Perry is craving American burgers while in India, Sandra Bernhard is ecstatic about her vacuum purchase and Tyrese Gibson parties all night but has nothing to show for it.

- @katyperry Quick someone send me a pic of a double double animal style from In N Out. I'm dying over heeeeeere.
- @SandraBernhard we are in love with our new DYSON DC 25 with the rolling ball honey the glamor that new vacuum has brought into the house is shocking!
- @Tyrese4ReaL It's crazy to be around all that action and end up alone... Dammit I should of got a few #'s waaay too many to focus on!

The Weather Network ©The Weather Network 2010

Today Partly cloudy -7°/ -10°

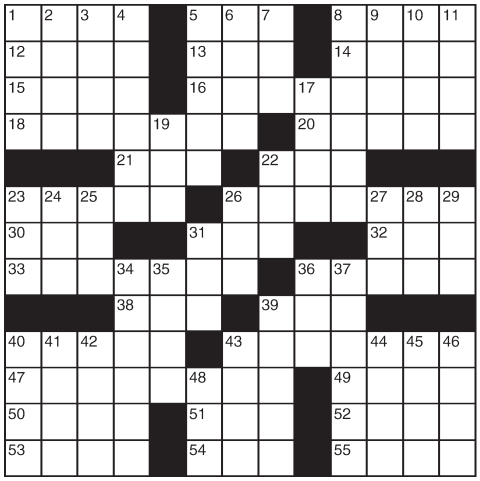
Wednesday Variable -2°/ -4°

Thursday Partly sunny 0°/ -2°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			9	6				1
	8					6	9	
	9			1	7			4
					6			8
		2				7		
9			2					
3			6	7			5	
	5	1					8	
7				5	3			2

ACROSS

1 — mater
5 Thither
8 Astronomical bear
12 Spring wind?
13 Praise in verse
14 Bosc, e.g.
15 Color quality
16 "A Streetcar Named Desire" surname
18 Captain
20 Gave as an example
21 Fellows
22 Fellows
23 Lifting apparatus
26 Soaking in the sun
30 Feedbag morsel
31 "— the ramparts ..."
32 Compete
33 "Tobacco Road" author Caldwell
36 Bloodhound's clue
38 Suffix with robot
39 Dead heat
40 Supermarket section
43 Providing traction
47 Like beauty, they say
49 Rescue
50 Baserunner's goal
51 Bikini half
52 Verve
53 Oklahoma city
54 Dickens pseudonym
55 Transmitted

DOWN

1 Performances
2 Appearance
3 Revealing skirt
4 Hebrew letters
5 Burdens for oxen
6 Stench
7 Fresh
8 Telecom channel to a satellite
9 Repose
10 Benefit
11 Saharan
17 "Bullets" at the poker table
19 Favorite
22 Scratch
23 Weeding tool
24 Rowing tool
25 "Monty Python" opener
26 Spelling contest
27 "— got it!"
28 Zero
29 Solidify
31 Switch positions
34 Baked, as pottery
35 On the rocks
36 Transgression
37 Disarrays
39 November birthstone
40 Arthur of tennis
41 Object of worship (Var.)
42 California valley
43 Pianist Peter
44 Hardy cabbage
45 Terrible guy?
46 Fender bender
48 Recede

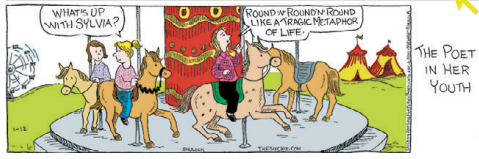
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	V	E	C		T	S	P		A	B	E	D			
D	I	V	A		R	U	E		C	A	R	E			
A	V	I	V		A	P	P	L	E	P	I	E			
M	A	L	I	B	U		S	E	T	T	E	R			
			A	I	M	S		I	I	I					
A	P	P	R	O	A	C	H		C	Z	A	R			
L	E	A		S	T	O	O	P		E	N	E			
P	A	N	T		A	P	P	E	N	D	I	X			
			P	H	I		E	E	R	O					
L	A	I	R	D	S		L	I	G	H	T	S			
A	P	P	O	S	I	T	E		O	A	H	U			
K	E	E	N		L	I	S		O	T	I	C			
E	S	S	E		O	P	S		D	E	S	K			

6	9	5	3	7	8	1	4	2
1	8	3	5	2	4	9	6	7
2	4	7	1	6	9	3	5	8
8	7	6	9	4	1	5	2	3
4	1	2	6	3	5	8	7	9
5	3	9	2	8	7	4	1	6
3	6	8	4	1	2	7	9	5
9	2	4	7	5	3	6	8	1
7	5	1	8	9	6	2	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Peppered Beef with Pecans

INGREDIENTS:

1 lb (500 g) lean steak
2 tsp (10 ml) black peppercorns
3/4 cup (175 ml) pecan halves
2 tbsp (25 ml) olive oil
2 tsp (10 ml) butter
1 onion, thinly sliced
3/4 lb (375 g) button mushrooms, sliced
4 tbsp (60 ml) brandy
2/3 cup (150 ml) sour cream
3 oz (90 g) arugula

METHOD:

1. Slice steak into thin strips, trimming excess fat. Lightly crush peppercorns using mortar and pestle and put into large bowl. Toss steak strips with peppercorns.
2. Put pecans in large, dry pan and toast over medium-high heat, tossing regularly, 2-3 minutes. Chop roughly and set aside.
3. Heat 1 tbsp (15 ml) oil with butter in pan and stir-fry onion over medium heat to soften slightly. Add mushrooms and cook over high heat until lightly softened. Add salt to taste.
4. Remove mushrooms and onions from pan and put onto plate. Add remaining oil to pan and stir-fry steak strips over fairly high heat for 2-3 minutes.
5. Add brandy and boil 30 seconds. Return onions and mushrooms to pan and stir in sour cream. Heat until blended. Add arugula and stir until wilted, then sprinkle over pecans and serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Unexpected changes are likely, so be ready for them and don't hesitate to adapt if the situation requires it.

TAURUS
APRIL 21-MAY 21
This should be a lucky day for you, the kind of day when even the darkest of clouds have a silver lining.

GEMINI
MAY 22-JUNE 21
It is likely that you will clash with someone whose outlook on life is about as different to your own as it is possible to get.

CANCER
JUNE 22-JULY 22
Having a good idea is one thing, making it work is quite another, and no matter how remarkable the thoughts that pass through your head today.

LEO
JULY 23-AUG 23
Your potential may be infinite but you still need to be selective when it comes to your activities.

VIRGO
AUG 24-SEPT 22
Others may look at you and think you are lazy because you are not running around in a frenzy like everyone else.

LIBRA
SEPT 23-OCT 23
Do not — repeat, not — agree to do other people's tasks for them today. Yes, it's nice to be helpful but the planets warn if you against it.

SCORPIO
OCT 24-NOV 22
You know what you want so why are you hesitating? It's because on other occasions when you acted too quickly something bad happened.

SAGITTARIUS
NOV 23-DEC 21
Someone will be offended by your outspoken opinions today but you don't care about that. Jupiter, your ruler, makes you feel like you are protected.

CAPRICORN
DEC 22-JAN 20
With one group pulling you in one direction and another group pulling you in the opposite direction there is a danger you might come apart.

AQUARIUS
JAN 21-FEB 18
Other people will make all sorts of promises but if you expect those promises to be kept you are going to be disappointed.

PISCES
FEB 19-MARCH 20
If something no longer works for you the way it once did then get rid of it, despite any sentimental attachment.

borrow up to $1,500 instantly

mogo for 30 days

apply now!

9 out of 10 approved
get your money as soon as tomorrow

The maximum allowable cost of borrowing under payday loan agreements is $21 per each $100 advanced. Cost of borrowing $300 for 14 days is $31.50. Mogo's cost per $100 borrowed is $21 for 30 days, total repayment amount is $121.

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Valentine's Day, 2 Nights
$129 taxes & fees included
The Oakes Hotel Overlooking The Falls
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Travel Feb 12 - 14/ggv.

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WIN A TERRAIN

17 days . . . 17 TERRAINS

EVERY DAY OF THE OLYMPIC GAMES†

2010 GMC TERRAIN SLE

$28,830*

PLUS $500 GOLD MEDAL BONUS**

OFFERS INCLUDE: • FREIGHT $ 1,350 • AIR TAX $100 • ENVIRONMENTAL HANDLING FEE $29 • VEHICLE REGISTRATION $10 • OMVIC FEE $5

• 182 HP 2.4L ECOTEC® VVT Engine with Direct Injection • 6-speed Automatic • Remote Keyless Entry System • Rearview Camera System • Air Conditioning with Air Filtration System • 4-wheel Disc Brakes with ABS and Panic Brake Assist • StabiliTrak® Electronic Stability Control System • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Head Curtain Side-impact Air Bags with Rollover Protection • Power Windows, Programmable Door Locks and Heated Mirrors • Multi-Flex® Seating: Sliding Rear Seats • Moves up to 20cm Backward or Forward • Best in Segment Second-row Legroom™ ††

★★★★★ FIVE-STAR SAFETY RATING‡

Most Fuel efficient crossover on the highway‡ — HWY: 6.1L/100KM • 46MPG CITY: 9.2L/100KM • 31MPG‡

SLT-2 model shown††

2010 GMC ACADIA SLE

$33,998* INCLUDES | $4,700 CASH CREDITS♦ INCLUDING

$500 GOLD MEDAL BONUS**

OFFERS INCLUDE: • FREIGHT $ 1,350 • AIR TAX $100 • TAX FOR FUEL CONSERVATION $75 • ENVIRONMENTAL HANDLING FEE $29 • VEHICLE REGISTRATION $10 • OMVIC FEE $5

• 8-passenger Seating • 288 HP 3.6L V6 VVT Engine with Direct Injection • 6-speed Automatic • Power Windows, Door Locks and Mirrors • Remote Keyless Entry System • Roof Side Rails • StabiliTrak® Electronic Stability Control System • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Front-to-Rear Outboard Head Curtain Side-impact Air Bags

★★★★★ FIVE-STAR SAFETY RATING‡

Best fuel consumption of any 8-seat CUV/SUV‡ — HWY: 8.4L/100KM • 34MPG CITY: 12.7L/100KM • 22MPG‡

2010 GMC SIERRA NEVADA EDITION EXT. CAB 4WD

$30,898* INCLUDES | $7,000 CASH CREDITS♦ INCLUDING

$500 GOLD MEDAL BONUS**

OFFERS INCLUDE: • FREIGHT $ 1,350 • AIR TAX $100 • ENVIRONMENTAL HANDLING FEE $29 • VEHICLE REGISTRATION $10 • OMVIC FEE $5

• 302 HP Vortec® 4.8 V8 VVT Engine • Automatic Transmission • Locking Rear Differential • Trailering Special Equipment Package • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Head Curtain Side-impact Air Bags with Rollover Protection • StabiliTrak® Electronic Stability Control System • Power Windows, Programmable Door Locks and Heated Mirrors • Remote Keyless Entry System • 17-in. Wheels with Chrome Appearance • 4-wheel ABS • Air Conditioning

HWY: 11.4L/100KM • 25MPG CITY: 15.9L/100KM • 18MPG‡

Sierra Ext. Cab SLE with SLE Exterior Package and Fog Lights††

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for administration fees and/or fuel charges.***

60 DAY SATISFACTION GUARANTEE▼

GM Canada — THE BEST COVERAGE IN CANADA 5 YEARS 160,000 KM* • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION
*WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

vancouver 2010 OFFICIAL VEHICLE GMC

GMC buygmc.ca

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO $3300▼ IN ADDITIONAL CASH INCENTIVES.

OR ASK ABOUT CA$H FOR CLUNKERS

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride Canada's Vehicle Recycling Program — cleanair FOUNDATION

For the latest information, visit us at gmc.gm.ca, drop by your local Pontiac • Buick • GMC Dealer or call us at 1-800-GM-DRIVE. †No purchase necessary. Contest runs from January 12, 2010 at 9:00:00 a.m. (PST) to February 27, 2010 at 11:59:59 p.m. (PST) (the "Contest Period"). Residents of Canada who have reached the age of majority in their province or territory of residence and who possess a valid driver's license at the time of entry may enter this contest. Limit of one (1) entry per person. There are seventeen (17) Grand Prizes available to be won during the Contest Period, each consisting of the winner's choice of either a 2010 Chevrolet Equinox FWD LS (Approximate retail value: $28,815 CAD), One Grand Prize awarded per day for seventeen (17) days. Odds of winning depend on total number of entries received at the time of each daily draw. Correct answer to an arithmetical skill-testing question and completion of a declaration and release form required in order to be declared a winner. Full contest rules available at http://www.gm.ca. ♦Available at all Chevrolet, Buick, GMC dealers. No purchase necessary. While quantities last. ♦♦$2,200/$5,500 for 2010 GMC (Acadia/Sierra 1500 Ext. Cab) reflected in offers in this advertisement. ♦♦$500 gold medal bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement with the exception of 2010 GMC Terrain that does not have the Gold Medal Bonus. Included in the offer: Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saabb models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the purchase of 2010 GMC (Terrain SLE FWD R7A/Sierra Ext. Cab 4WD R0C) ♦/♦♦/**Freight ($1,350/$1,350/$1,350), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, administration fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (including Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ***At some dealers, the vehicles in this advertisement are only available with additional features of glass etching (up to $424), locking wheel nuts (up to $160), nitrogen in tires (up to $99), GM tire protection plan (up to $220), mud flaps (up to $220), box liner (up to $325), Walk Away Insurance (up to $589) and/or Drive Green Program ($199) which have additional costs. ‡2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Comparisons based on 2010 competitive websites. Your actual fuel consumption may vary. Excludes other GM models. †††GMC Terrain SLT-2 AWD with Preferred Equipment Package 1SA, Sterling Grey Metallic paint, Ebony cloth seat trim and Ebony instrument panel insert. Comparisons based on 2010 competitive websites. Visit gm.ca/safety for more information. ††Sierra Ext. Cab SLE with SLE Exterior Package and Fog Lights, 4SB/5SB/5SD GMC Terrain SLT-2, Mocha Steel 4AD/Ebony 5AD/Cocoa/Light Cashmere 5DH/Cocoa/Dune 5DJ cloth seat trim. ‡‡Compact sport based on GM Compact 2.5WT crossover segment and latest available competitive information at time of posting. Excludes other GM vehicles. Visit gm.ca/safety for more information. ‡‡‡Based on 2009 NHTSA 5-Star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information, visit www.safercar.gov. ▼Return between 30-60 days with less than 4,000 km. Program applies to 2009 and 2010 models only, excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. See dealer or gm.ca for additional details. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $2500 to $3000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information.

AIR CANADA VACATIONS

GREAT deals starting at $429

+Taxes & other fees (including service charges): $222

CUBA

Varadero

Sol Sirenas Coral Resort • 3★
All-Inclusive • Standard rm.
Jan. 14–18 • 1 wk.
$429
+Taxes & other fees (including service charges): $222
Please add $25 for Mon. & Fri. departures
Please add $75 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

Holguin

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
Jan. 14 & 16 • 1 wk.
$559
+Taxes & other fees (including service charges): $222
Please add $75 for Sat. departures
Departure tax: 25 CUC cash, paid locally

ST. MARTIN/ST. MAARTEN

Sonesta Maho Beach Resort & Casino • 4★
Breakfast • Supersaver rm.
Feb. 6, 20 & 27 • 1 wk.
$879
+Taxes & other fees (including service charges): $228

MEXICO

Los Cabos

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Feb. 6, 20 & 27 • 1 wk.
$1099
+Taxes & other fees (including service charges): $275

DOMINICAN REPUBLIC

Punta Cana

Bavaro Princess All Suites Resort, Spa & Casino • 4 1/2★
All-Inclusive • Suite
Jan. 28 • 1 wk.
$1119
+Taxes & other fees (including service charges): $306

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 28 • 1 wk.
$1159
+Taxes & other fees (including service charges): $306

DEAL to EUROPE

London
Barkston Gardens • 3 1/2★
Breakfast • Standard rm.
Feb. 17–19 • 3 nts.
$499
+Taxes & other fees (including service charges): $402

DEAL on CRUISES

Celebrity Cruises[1]
Celebrity Summit℠
Southern Caribbean Cruise
Flights to San Juan
Oceanview stateroom, cat. 7
Mar. 6 & 20 • 1 wk.
$1319
+Taxes & other fees (including service charges): $260

DEAL to LAS VEGAS

Up to $100 resort credit
at MGM Mirage Resorts in Las Vegas

Valid on Air & Hotel packages of three nights or more at participating MGM Mirage Resorts in Las Vegas.

Valid for bookings made between January 4 & 25, 2010 for travel from January 11 and completed by April 6, 2010.

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Feb. 2–4 & 7–11 • 1 wk.
$1199
+Taxes & other fees (including service charges): $275
Please add $50 for Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Feb. 2–4, 7–11 & 16–19 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $275
Please add $50 for Sun. departures

Gran Bahia Principe Jamaica

Fly in style – Upgrade to Executive Class® service

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 7,000 Aeroplan® Miles per member†

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JAMAICA Once you go, you know.

aircanadavacations.com
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Prices in this ad are in Canadian dollars and are valid for bookings made between Jan. 12 & 16, 2010, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #5003537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Celebrity Cruises ships' registry: The Bahamas and Ecuador ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.